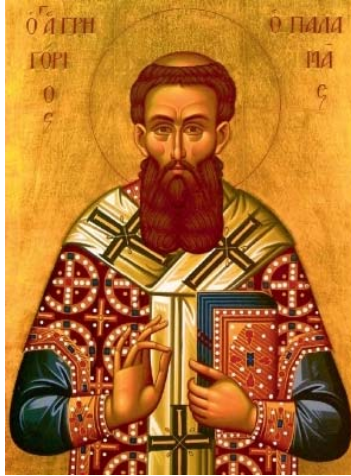

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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



Sunday, March 12, 2023

Second Sunday of Great Lent

**Commemoration of Gregory Palamas,
archbishop of Thessalonica**

**Venerable Theophanes the Confessor of Sigriane;
Gregory the Dialogist, pope of Rome**

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 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 FOR ST. GREGORY PALAMAS IN TONE EIGHT: O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of 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 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 *****

- **Friday, March 10**
 - 6:30 PM Little Compline with the Akathist Hymn
 - **Saturday, March 11**
 - 3:30 PM Family Night
 - 5:00 PM Vespers
- Daylight Saving Time Starts**
- **Sunday, March 12**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - 6:30 PM Lenten Sunday Vespers
 - **Monday, March 13**
 - 6:30 PM Great Compline
 - **Wednesday, March 15**
 - 6:00 PM Presanctified Divine Liturgy
 - **Friday, March 17**
 - 6:30 PM Little Compline with the Akathist Hymn
 - **Saturday, March 18**
 - 5:00 PM Vespers
 - **Sunday, March 19**
 - 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

Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"



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.

FOOD FOR HUNGRY Annual drive starts for the Lenten season. Boxes are available at the back of the church.

Collect your loose change throughout Lent. Make it a game with your kids. If you own a business put it out for your customers to help with the drive. Please pray for those who go without. Boxes are due back on Palm Sunday. Thank you for your generosity!

TEEN SOYO MISSION MONTH

Help us raise money for our mission trip to Mexico by partaking in our activities this month!

- Talent Auction will be running all month! Some of the talents offered are landscaping, prepared meals, babysitting, photography / family portraits, and house cleaning.
- We will have two raffle baskets, one for lent and one for Pascha, which you be able to buy tickets for during the whole month of March. The Lenten raffle basket ticket will be drawn on April 1. The Pascha raffle basket ticket will be drawn on Pascha night!
- Last but not least, we will be streaming 'Man of God' on March 18th after Vespers. Pasta and popcorn will be served! A suggested donation of \$15 is much appreciated.

Thank you!

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.

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

THE SYNAXARION

On March 12 in the Holy Orthodox Church, we commemorate the Venerable Theophanes the Confessor of Sigriane; and Gregory the Dialogist, Pope of Rome.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

Verses

*The Spring of Light now leadeth to light unwaning
The Light's own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.
