
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, March 19, 2023

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross

Martyrs Chrysanthos, Daria, and those with them of Rome;

Martyr Pancharios of Nicomedia

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 SEVEN: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE)

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

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:

- **Friday, March 17**
 - 6:30 PM Little Compline with the Akathist Hymn
- **Saturday, March 18**
 - 5:00 PM Vespers
 - SOYO will be streaming 'Man of God'
- **Sunday, March 19**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - 6:30 PM Lenten Sunday Vespers
- **Monday, March 20**
 - 6:30 PM Great Compline
- **Wednesday, March 22**
 - 6:00 PM Presanctified Divine Liturgy
- **Friday, March 24**
 - 6:30 PM Vespers for the Annunciation
- **Saturday, March 25**
 - 9:00 AM Orthros
 - 10:00 AM Divine Liturgy for the Annunciation
 - 11:30 AM Fish Feast & Food for Thought
 - 5:00 PM Vespers
- **Sunday, March 26**
 - 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

(For the Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

THE SYNAXARION

On March 19 in the Holy Orthodox Church, we commemorate the Martyrs Chrysanthos, Daria, and those with them of Rome; and the Martyr Pancharios of Nicomedia.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

*Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.



ST. MICHAEL HAPPENINGS

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

FISH FEAST – Saturday, March 25

Our annual Fish Feast for Life will be held on Saturday, March 25 after the Orthros & Liturgy for the Feast of the Annunciation.

- \$25 adults 13+
- \$10 children 6-12
- children 5 and under free

All proceeds will help ZOE House continue their life-saving work. ZOE House, located in Parma, OH, is a ministry of ZOE for Life!, a pan-Orthodox outreach that supports women in crisis pregnancies. Visit www.zoeforlifeonline.org for more information.

For reservations, please contact Kh. Alyssa, alyssakjendal@yahoo.com or 508-873-9199.

If you are unable to attend the Fish Feast, ZOE House still needs your support! Please send your donation to: St. Michael the Archangel Orthodox Church, 62 Main Street, Cotuit, MA 02635

Please make checks out to St. Michael with ZOE House in the memo.

Food for Thought on Saturday, March 25

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.

The schedule for that day will include Orthros & 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.

Easter Flower Donations Basket

Please help the church with donations for the Easter Flowers, there is a basket at the back of the church that you may put your donations in.

We are looking for volunteers to assist with decorating with Easter Flowers on Friday, April 14th. There will be services on that date and we will decorate in between starting just after the morning service ends. Everyone is welcome and we need your help.

We will have a pot-luck "lenten" lunch, please bring a dish to share.

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.

Upcoming Events

- 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