
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, March 26, 2023

Fourth Sunday of Great Lent

The synaxis of the Archangel Gabriel

Stephen the Confessor, Abbot of Triglia

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 EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE ARCHANGEL GABRIEL IN TONE FOUR: Supreme Commander of the Hosts of the Heavens, we, the unworthy, importune and beseech thee that by thy supplications thou encircle us in the shelter of the wings of thine immaterial glory; guarding us who now fall down and cry to thee with fervor: Deliver us from dangers of all kinds, as the great marshal of the heavenly hosts on high.

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, Qudoos 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:

- **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
 - Vespers after Food for Thought
- **Sunday, March 26**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - 6:30 PM Lenten Sunday Vespers
- **Monday, March 27**
 - 6:30 PM Great Compline
- **Wednesday, March 29**
 - 6:00 PM Little Compline with the Full Canon of St. Andrew of Crete
- **Thursday, March 30**
 - 6:00 PM Presanctified Divine Liturgy
- **Friday, March 31**
 - 6:30 PM Little Compline with the Akathist Hymn
- **Saturday, April 1**
 - 5:00 PM Vespers
- **Sunday, April 2**
 - 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

The Lord will give strength to His people.

The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running

together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

THE SYNAXARION

On March 26 in the Holy Orthodox Church, we take leave of the feast of the Annunciation to the Most-holy Theotokos, and we celebrate the Synaxis of the Archangel Gabriel, which hath been handed down to us from the most ancient times, since he ministered unto the divine, supernal and ineffable Mystery.

Verses

*O Word, with fitting honor doth all flesh honor
The fleshless mind who announced Thine Incarnation.
On the twenty-sixth Gabriel rouseth creation to hymns.*

The Archangel Gabriel is the announcer of the Incarnation of the Son of God and the salvation of mankind. He appeared to Zacharias about the birth of the Forerunner. Gabriel said of himself, "I am Gabriel, who stands before God" (Luke 1:19). His name Gabriel means "Man-God." The Holy Fathers, in speaking about the Annunciation, interpret that an archangel with such a name was sent to signify who and what Jesus Christ would be like, fully man and fully God, who must be born of the All-pure Theotokos. Some of the Fathers understood that this same Gabriel appeared to Joachim and Anna concerning the birth of the Virgin Mary, and that Gabriel instructed Moses in the wilderness to write the Book of Genesis. The Holy Fathers of the Church rank the Archangel Gabriel in the Seraphic Order which stands closest to God.

On this day, we also commemorate Stephen the Confessor, abbot of Triglia. By the intercessions of Thy saints, O Christ God, have mercy upon us. Amen.



ST. MICHAEL HAPPENINGS

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

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!

TEEN SOYO MISSION MONTH

HELP US RAISE MONEY FOR OUR MISSION TRIP TO MEXICO BY PARTAKING IN OUR ACTIVITIES THIS MONTH!

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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 dollars 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
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