
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, April 02, 2023

Fifth Sunday of Great Lent

Commemoration of our Righteous Mother Mary of Egypt

Venerable Titus the wonderworker; Virgin-martyr Theodora of Palestine

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 ONE: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT: Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN TONE TWO: O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

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 Ischirois, 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:

- **Sunday, April 2**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
 - 6:30 PM Lenten Sunday Vespers
- **Monday, April 3**
 - 6:30 PM Great Compline
- **Wednesday, April 5**
 - 6:00 PM Presanctified Divine Liturgy
- **Friday, April 7**
 - 6:30 PM Little Compline with the Canon of the Raising of Lazarus
- **Saturday, April 8**
 - 8:00 AM Orthros
 - 9:00 AM Divine Liturgy for Lazarus Saturday
 - 5:00 PM Vespers
- **Sunday, April 9**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy for Palm Sunday
 - 6:30 PM Bridegroom Orthros

*****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

Make your vows and pay them to the Lord our God.

God is known in Judaea. His Name is great in Israel.

The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to

rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many.”

THE SYNAXARION

On April 2 in the Holy Orthodox Church, we commemorate the Venerable Titus the wonderworker; and Virgin-martyr Theodora of Palestine.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

Verses

*Spirit rose up, flesh melted away erewhile;
hide, O earth, the worn bones of Mary's body.*

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: “If you cross the Jordan, you will find glorious rest!” Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary’s lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through her intercessions, 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.

FISH FEAST TANK YOU!

Thank you all who attended Fish Feast and supported ZOE House a pan-Orthodox outreach that supports women in crisis pregnancies. Huge thank you to the ladies, who made the feast happen!

THANK YOU RICK BARDINE!

On this Feast of Annunciation Rick Bardin was leading the children in weaving an altar cloth for the atrium replica altar table. What a beautiful way for us to ponder the mystery of the Annunciation! Each child was taught how the loom works and had the opportunity to weave one inch of the cloth, representing one cross in the design. Thank you Rick!



FOOD FOR HUNGRY

Food for Hungry boxes are due back on Palm Sunday, April 9. 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!

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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