

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, April 23, 2023

New Sunday or Anti-Pascha

Sunday of Thomas the Apostle, Called "The Twin"

Great-martyr George the Trophy-bearer

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.

APOLYTIKION FOR THOMAS SUNDAY IN TONE SEVEN: While the tomb was sealed, Thou didst shine forth from it, O Life. While the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

APOLYTIKION OF ST. GEORGE IN TONE FOUR: Since thou art a liberator and deliverer of captives, a help and support of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among Martyrs, the victory-clad George; intercede with Christ God for the salvation of our souls.

KONTAKION OF PASCHA IN TONE EIGHT: O Immortal One, when Thou didst descend into the tomb, Thou didst destroy the power of Hades; and Thou didst rise victorious, O Christ God. Thou hast said to the ointment-bearing women: Rejoice! And Thou gavest peace to Thy Disciples, O Bestower of Resurrection to those Who had fallen.

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

MEGALYNARION FOR THOMAS SUNDAY IN TONE ONE: O most radiant lamp, the Theotokos, the immeasurable honor, which is more exalted than all creatures, with praises do we magnify thee.

KOINONIKON (COMMUNION HYMN) OF THOMAS SUNDAY (Psalm 147:1)

Praise the Lord, O Jerusalem; praise thy God, O Zion. 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

<p><i>Albanian:</i> Krishti Ungjall! Vertete Ungjall! <i>Arabic:</i> Al Maseeh Qam! Haqqan Qam! <i>English:</i> Christ is Risen! Truly He is Risen! <i>Greek:</i> Christos Anesti! Alithos Anesti! <i>Polish:</i> Khristus Zmartvikstau! Zaiste Zmartvikstau! <i>Portuguese:</i> Christo Ressuscitou! Em Verdade Ressuscitou! <i>Romanian:</i> Hristos a Inviat! Adevarat a Inviat! <i>Russian:</i> Khristos Voskres! Voistinu Voskres!</p>

SCHEDULE:

- **Saturday, April 22**
 - 5:00 PM Vespers
 - **We will not have Food for Thought in April. Stay tuned for the next session.**
- **Sunday, April 23**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
- **Saturday, April 29**
 - 5:00 PM Vespers
- **Sunday, April 30**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy

*****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 SYNAXARION

On April 23 in the Holy Orthodox Church, we commemorate the holy and glorious Great-Martyr George the Trophy-bearer.

Verses

George, the cutter-down of all his foes in battles, is gladly cut down of his foes by beheading. On the twenty-third, George's neck was seized by the brazen blade.

George was born in Cappadocia the son of wealthy and virtuous parents. His father suffered for Christ and his mother then moved to Palestine. When George grew up, he entered the military, and came into the service of Emperor Diocletian. The most famous George's miracles are depicted in iconography. Near Mount Lebanon was a large lake, inhabited by an enormous dragon-like serpent. Coming out of the lake, it devoured people, and the breath from its nostrils poisoned the air. George rode up on his horse with spear in hand. Crossing himself, he rushed at the serpent saying, "In the Name of the Father, and of the Son, and of the Holy Spirit." After George killed the serpent, twenty-five thousand men, plus women and children, were then baptized. Diocletian eventually had George and his wife, Alexandra, beheaded in 303. George is known as the Victorybearer, or Trophy-bearer, not only for his military achievements, but for enduring martyrdom.

On this day, the second Sunday of Pascha, we inaugurate the celebration of Christ's Resurrection, and the occasion whereon the Holy Apostle Thomas touched the Savior's side.

Verses

*If the seals of the Virgin's womb and of the grave did not hinder Thee,
How could the seals of the doors hinder Thy might, O Savior?*

This day is called New Sunday, Thomas Sunday or Anti-Pascha. The last term means "in place of Pascha" because Thomas did not immediately hear of Christ's Resurrection and disbelieved it. Starting with this day, the Church dedicates Sunday to the celebration of the Resurrection.

As the Disciples were gathered on Pascha, Jesus entered and greeted them in His usual way, saying, "Peace be unto you." Then He showed them His hands, feet and side. Jesus ate with His Disciples and reassured them of His Resurrection. However, Thomas was not with them at that time, and insisted upon seeing the Savior's wounds—the print of the nails in His hands and feet, and the spear in His side—before he would believe that Jesus was risen. Eight days later, Christ appeared again to the Disciples, this time with Thomas present. The Master told Thomas to see and feel His wounds. Then Thomas immediately cried out, "My Lord and

my God!" But Jesus tells His Disciples, "Blessed are those who have not seen and yet believe." This event also clearly illustrates the human and divine Natures of Christ.

By the intercessions of Thy Saints, O Christ our God, have mercy on us. Amen.

THE EPISTLE

(For St. George)

The righteous shall rejoice in the Lord. Hear my voice, O God.

The Reading from the Acts of the Apostles. (12:1-11)

In those days, Herod the king laid violent hands upon some who belonged to the church. He killed James the brother of John with the sword; and when he saw that it pleased the Jews, he proceeded to arrest Peter also. This was during the days of Unleavened Bread. And when he had seized him, he put him in prison, and delivered him to four squads of soldiers to guard him, intending after the Passover to bring him out to the people. So Peter was kept in prison; but earnest prayer for him was made to God by the Church. The very night when Herod was about to bring him out, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison; and behold, an angel of the Lord appeared, and a light shone in the cell; and he struck Peter on the side and woke him, saying, "Get up quickly." And the chains fell off his hands. And the angel said to him, "Wrap your mantle around you and follow me." And he went out and followed him; he did not know that what was done by the angel was real, but thought he was seeing a vision. When they had passed the first and the second guard, they came to the iron gate leading into the city. It opened to them of its own accord, and they went out and passed on through one street; and immediately the angel left him. And Peter came to himself, and said, "Now I am sure that the Lord has sent his angel and rescued me from the hand of Herod and from all that the Jewish people were expecting."

THE GOSPEL

(For Thomas Sunday)

The Reading from the Holy Gospel according to St. John. (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the Disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the Disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the Twelve, called the Twin, was not with them when Jesus came. So the other Disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His Disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be with you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the Disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.



ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

ORDER BAKLAWA AND SUPPORT WOMEN'S GROUP PROJECTS

Middle Eastern-Style Baklava. All proceeds benefit St Michael Orthodox Church Women Group outreach programs.

Perfect for any special occasion, family gathering or just to have on hand. It's time to think of moms, dads and grads and think ahead to offering a special treat

for your summer guests!!

Order at least one week prior to your required date. Great to leave in freezer in case unexpected guests arrive, or to just grab a piece when you have a craving!

- 5 pieces – \$8 (about 7 Oz)
- Tray 25 pieces – \$35 (about 34-37 Oz)
- Special orders accepted.

Ingredients: phyllo dough, walnuts, clarified butter, sugar, cinnamon, rose water (Vegan option also available upon request)

To order, please contact womensgroup@stmichaelcapecod.org

Thanks for your support!

Catechesis-of-the-Good-Shepherd

Catechesis of the Good Shepherd

Level 1 Formation Training

Part 2

May 29-June 2, 2023

Memorial Day through Friday of the same week
M-F 8:30am-5:30pm

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The tuition for Level 1 Formation Part 2 is \$400. For those in Orthodox Churches, a discounted rate of \$250 is available. Registration is limited to 12 people.

For more information email our course coordinator:

Kh. Yvonne Butts at yborthodox@gmail.com

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