
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, May 7, 2023

Fourth Sunday of Pascha

Sunday of the Paralytic

**Appearance of the Sign of the Precious Cross in the heavens above Jerusalem
(351 A.D.); Martyr Akakios the centurion at Byzantium**

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 THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

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.

THE KONTAKION OF PASCHA IN TONE EIGHT: Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

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

<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, May 6**
 - 5:00 PM Vespers
- **Sunday, May 7**
 - 9:00 AM Orthros / Church school
 - 10:00 AM Divine Liturgy
- **Wednesday, May 10**
 - 6:30 PM Paraklesis Service
- **Saturday, May 13**
 - 5:00 PM Vespers
- **Sunday, May 14**
 - 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 May 7 in the Holy Orthodox Church, we commemorate the Appearance of the Sign of the Precious Cross in the heavens above Jerusalem (351 AD); and Martyr Akakios the centurion at Byzantium.

On this day, the fourth Sunday of Pascha, we commemorate the Paralytic and, as is right, we celebrate the miracle wrought for him.

Verses

*The word of Christ was strength for the paralytic;
So that this word alone was the man's full healing.*

Jesus healed the Paralytic at the Sheep's Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel lection in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed.

In Thine infinite mercy, O Christ our God, have mercy on us. Amen.

THE EPISTLE

O chant unto our God, chant ye. Clap your hands, all ye nations.

The Reading from the Acts of the Holy Apostles. (9:32-42)

In those days, as Peter went throughout all regions, he came down also to the saints who dwelt at Lydda. There he found a certain man named Aeneas, who was bedridden for eight years and paralyzed. And Peter said to him: "Aeneas, Jesus Christ heals you; arise and make your bed." And immediately he arose. And all who dwelt at Lydda and Sharon saw him, and they turned back to the Lord. Now there was at Joppa a certain disciple named Tabitha (which means Gazelle). She was full of good works and of charitable deeds which she did. And it came to pass in those days that she fell sick and died; and when they had washed her, they placed her in an upper chamber. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him: "Come to us without delay!" So Peter arose and went with them. And when he

arrived, they took him into the upper chamber. All the widows stood by him weeping, showing the tunics and other garments which Tabitha made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body, he said: "Tabitha, arise!" And she opened her eyes, and when she saw Peter, she sat up. And he gave her his hand, and raised her up. Then he called the saints and widows and presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk'?" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.



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 two weeks 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).

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

Enthronement of His Eminence Metropolitan SABA, May 13 at 11 AM

On behalf of His Beatitude JOHN X, Patriarch of the Great City of God, Antioch, and all the East and the Fathers of the Holy Synod of the See of Antioch together with our beloved Hierarchs, the Archdiocesan Board of Trustees and the entire Archdiocese of North America We invite you to prayerfully participate in the Enthronement of His Eminence Metropolitan SABA Archbishop of New York and Metropolitan of all North America.

Saturday, May 13th, 2023 at 11:00am

St. Nicholas Antiochian Orthodox Cathedral

355 State Street, Brooklyn, New York

Reception and Banquet to follow. The Banquet tickets are only on sale online at <https://antiochian.networkforgood.com/projects/191160-2023-metropolitan-enthronement-banquet-fund-raiser>. Proceeds will go toward the 2023 Earthquake Relief Fund.

The enthronement will be live-streamed on St. Nicholas Cathedral's Facebook page.

Upcoming Events

- May 13 - Enthronement of His Eminence Metropolitan SABA
 - 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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