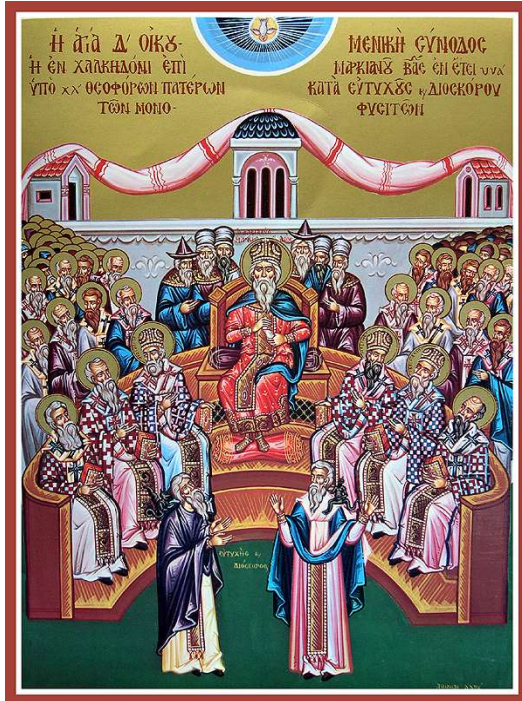


*St. Michael the Archangel Antiochian Orthodox Church*

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**Sunday, July 16, 2023**

**Sunday of the Holy Fathers  
of Fourth Ecumenical Council**

**Hieromartyr Athenogenes, bishop of Herakleopolis,  
and his ten disciples**

**Clergy:**

**Fr. Benjamin Kjendal**

**Dn. James Irving**

**Sdn. Joseph Boruch**

## **LITTLE ENTRANCE WEEKLY VARIABLES**

THE EISODIKON (ENTRANCE HYMN): Be Thou exalted, O Lord, in Thy strength; we shall praise and sing of Thy mighty acts. Save us, O Good Comforter, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF THE HOLY FATHERS IN TONE EIGHT: Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

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

*Slavonic* 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:**

- **Saturday, July 15**
  - 7:00 PM Vespers
- **Sunday, July 16**
  - 8:30 AM Orthros
  - 9:30 AM Divine Liturgy
- **Wednesday, July 19**
  - 7:00 PM Paraklesis Service
- **Saturday, July 22**
  - 7:00 PM Vespers
- **Sunday, July 23**
  - 8:30 AM Orthros
  - 9:30 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 EPISTLE

(For the Holy Fathers)

*Be glad in the Lord, and rejoice, O ye righteous.*

*Blessed are those whose iniquities are forgiven!*

### **The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)**

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

## THE GOSPEL

(For the Holy Fathers)

### **The Reading from the Holy Gospel according to St. Matthew. (5:14-19)**

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."



## **ST. MICHAEL HAPPENINGS**

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

### **PLC COMPETITIONS**

Our youth did an outstanding job at the diocesan competitions at this year's PLC! The theme for 2023 has been, "Let us make man in our image, according to our likeness." (Genesis 1:26). Our youth participated in the Creative Arts Festival, the Bible Bowl, and the Oratorical Festival. Their hard work and dedication to learning and sharing the faith is inspirational. Here is a recap of the festivals and competitions:

#### **Creative Arts Festival:**

There were 50 creative festival entries (112 students) from seven of our twelve Church Schools throughout the region. The judging took place at St. John of Damascus Church and each entry was rated on four criteria: adherence to the theme, craftsmanship, composition and creativity. We had three volunteer judges - a clergy member, a marketing/communications specialist, and a project manager/choir director.

Judging categories were Gold, Silver and Bronze. The breakdown of awards were 9 Gold, 12 Silver, and 29 Bronze.

St. Michael submitted 12 entries that were created by the youth in our Saint Michael Homeschool Community. Six entries received silver awards, 5 entries received bronze, and Benji's was not given a score because of his age.

Be sure to see these projects on display at the church and ask the children about them!

#### **Bible Bowl:**

Our teen team consisting of Erika, Mary, and Nicholas Kjendal, with Alison Irving as an alternate, once again won the regional Bible Bowl competition and will be heading to Phoenix, AZ at the end of July to compete with teams from around the country. Our pre-teen team (Sophia Chatelain, Paul Irving, Max Stewart, and Peter Kjendal) also

did a phenomenal job, placing **THIRD** in the competition against the other teen teams and even a team of adults! Many thanks to their coaches, Ned and Kristin Chatelain, and their faithful manager/mascot Sam Chatelain for pouring so much love, time, and enthusiasm into our youth!



### **Oratorical Festival:**

Anders Kjendal won the senior division of the regional Oratorical Festival and will also be traveling to Phoenix to compete with the winning orators from around the country.

Saint Michael has had at least one winning orator every year we have had a competitor. Our Bible Bowl teams have been winning since our debut in 2016. Many people asked, “How do they keep winning? What are you doing?” The answer is not easy to articulate in a sentence or two, but if you come to any of the services at St. Michael throughout the week and notice that there are usually as many, if not more, youth than adults present, the answers to what sets our youth apart begin to be made clear.

### **VACATION CHURCH SCHOOL**

Vacation Church School will run this year from July 31 to August 1 from 9:30AM until noon, and then on Wednesday, August 2 we will have a VCS potluck/picnic/party at 5:00, before Paraklesis. Please return the registration form by Sunday, July 23, and be looking for more exciting details coming soon! Please see Kh. Alyssa if you have any questions, and remember to invite your friends, neighbors, grandchildren, and godchildren!

### **HOMESCHOOL INQUIRERS' MEET-UP & POTLUCK**

On Saturday, August 5 at 4:30 PM, we will have an informal get together of both parents who currently homeschool their children and any parents who have even the smallest interest in possibly

homeschooling now or in the future. Kh. Alyssa will give a brief overview of the “why” behind homeschooling, as well as a few of the different ways the “how” can work for families of all backgrounds and situations. We will have plenty of time for discussion and questions before we share a potluck meal together before Vespers. Please share this with anyone you think might benefit from attending! See Kh. Alyssa with any questions. Children are welcome to accompany parents, but please note it will be “coffee-hour style” outdoor play during the parents’ talk and discussion.

### **ZOE HOUSE**

Thank you to everyone who donated baby and maternity items to send to ZOE House, a pan-Orthodox crisis pregnancy center in Ohio. Several boxes of clothing and diapers will be delivered to ZOE House this week by three of the young ladies from SOYO, along with a check for \$1500 from our 2023 Fish Feast for Life.

### **BOOKS FOR A BABY CENTER**

We will continue to be collecting NEW or VERY GENTLY USED children’s books (appropriate for newborns through age 4) to donate to A Baby Center in Hyannis. Please consider donating Orthodox Christian children’s books and help plant seeds of faith in our community! Please see Kh. Alyssa with any questions. Thank you!

### **TRASH CANS FOR CATAUMET**

We will be collecting (new, clean) 13 gallon trash barrels, as well as small bathroom waste baskets to donate to the Village of Cataumet. I’m sure most of us have several trash baskets in our homes that we only think about when we lament having to empty them. For families living at the Village at Cataumet, having a trash receptacle in their room is a luxury. The trash barrels we donate will be much appreciated by the families and be able to be taken with them when they move into their own homes.

### **Upcoming Events**

- July 23-30 – Archdiocesan Convention, Arizona

## THE SYNAXARION

On July 16 in the Holy Orthodox Church, we commemorate the Hieromartyr Athenogenes, bishop of Herakleopolis, and his ten disciples.

On this Sunday, we commemorate the 630 holy and God-bearing Fathers of the Fourth Ecumenical Council, which convened in Chalcedon in 451 against the Monophysites.

### **Verses**

*Shunning opposite errors like the sea monsters Scylla and Charybdis,  
The Fathers steer the Church on a straight course to safety.*

The Holy Fathers were, once again, concerned with the nature of Jesus Christ. The false teaching arose that Christ's human nature (considered by heretics as less perfect) dissolved itself in His divine nature (considered by heretics as more perfect): like a cube of sugar in a parcel of water. Thus, in that scenario, Christ had only one nature, the Divine. These false preachers were called Monophysites ("mono", meaning "one" and "physis", meaning "nature"), and they were led by Eutyches and Dioscorus. Monophysitism overemphasized the divine nature of Christ, at the expense of the human. The Fourth Ecumenical Council condemned Monophysitism and proclaimed that Christ has two complete natures: the divine and the human, as defined by previous Councils. These two natures function as equally perfect, without confusion, and are neither divided nor separate. The Fathers declared that at no time did they undergo any change.

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