

*St. Michael the Archangel Antiochian Orthodox Church*

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**Sunday, July 30, 2023**

**Eighth Sunday after Pentecost**

**Apostles Silas, Silvan, Crescens,  
Epenetos and Andronikos of the Seventy**

**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 SEVEN: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to 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.

KONTAKION OF THE TRANSFIGURATION IN TONE SEVEN: Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

### 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

*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:**

- **Sunday, July 30**
  - 8:30 AM Orthros
  - 9:30 Divine Liturgy
- **Monday, July 31**
  - 9:30 AM Vacation Church School
- **Tuesday, August 1**
  - 9:30 AM Vacation Church School
- **Wednesday, August 2**
  - 5:00 PM Vacation Church School potluck/picnic/party
  - 7:00 PM Paraklesis
- **Saturday, August 5**
  - 7:00 PM Vespers
- **Sunday, August 6**
  - 8:30 AM Orthros
  - 9:30 Divine Liturgy for the Feast of Transfiguration

**\*\*\*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 Eighth Sunday after Pentecost)

*The Lord will give strength to His people.*

*Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.*

**The Reading from the First Epistle of St. Paul to the Corinthians. (1:10-17)**

Brethren, I appeal to you, by the Name of our Lord Jesus Christ, that all of you agree and that there be no dissension among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to preach the Gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

### THE GOSPEL

**The Reading from the Holy Gospel according to St. Matthew. (14:14-22)**

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to Him, "We have only five loaves here and two fish." And He said, "Bring them here to Me." Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.



## **ST. MICHAEL HAPPENINGS**

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

### **VACATION CHURCH SCHOOL**

Vacation Church School will run this year from July 31 to August 1 from 9:30 AM until noon, and then on Wednesday, August 2 we will have a VCS potluck/picnic/party at 5:00, before Paraklesis.

### **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.

### **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.

### **WOMEN'S SHOES FOR IMMIGRANTS**

Sixty immigrant families are currently being housed at a temporary emergency shelter on the Joint Base Cape Cod as they prepare for longer-term arrangements. The Cape Cod Council of Churches is coordinating efforts to assist these immigrant families. Saint Michael will be joining these efforts by collecting NEW OR GENTLY USED WOMEN'S SHOES. All sizes and styles are needed. I am sure many of us could spare a pair or two (or more!) from our closets! Please drop your donations in the box near the SOYO bookstore. Thank you for your generosity and helping our new neighbors in need! Please see Kh. Alyssa with any questions.

### **Saint Michael the Archangel Orthodox Children's Library is now open!**

Please visit the children's library just outside the front entrance of the nave and help your children, grandchildren, or godchildren check out a book or two! If you are interested in helping our children's library grow, we have a wish list of books that we would love to add to our library's shelves. See Kh. Alyssa with any questions or suggestions of books to add to the wish list!

### **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!

## THE SYNAXARION

On July 30 in the Holy Orthodox Church, we commemorate the holy Apostles Silas, Silvan, Crescens, Epenetos and Andronikos of the Seventy.

### **Verses**

*Let Epenetos, Andronikoks, and Crescens, with Silas and Silvan, be lauded together. On the thirtieth, God's five initiates departed life.*

Silas was sent from Jerusalem to Antioch with Paul and Barnabas to settle the dispute between the faithful there regarding circumcision: namely, that it was not necessary to circumcise pagans when they convert to Christianity (Acts 15:22). After that, Silas traveled with Paul throughout Asia and Macedonia and was appointed as the bishop in Corinth, where he peacefully died. Silvan assisted both of the Chief Apostles. His Godly works are found in the Apostolos (I Peter 5:12; II Cor. 1:19). As the bishop of Thessalonica, Silvan labored and suffered much until he finally exchanged this earthly life for the heavenly life. Crescens was a companion of the Apostle Paul. He became the bishop in Galatia and a missionary in Gaul, where he died as a martyr for Christ during the reign of Trajan (II Timothy 4:10). Epenetos, the bishop in Carthage, is mentioned by the Apostle Paul as "the first-fruits of Achaia unto Christ" (Romans 16:5). Paul calls Andronikos, the bishop of Pannonia, his "kinsman, and fellow prisoner, who is of note among the apostles" (Romans 16:7).

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