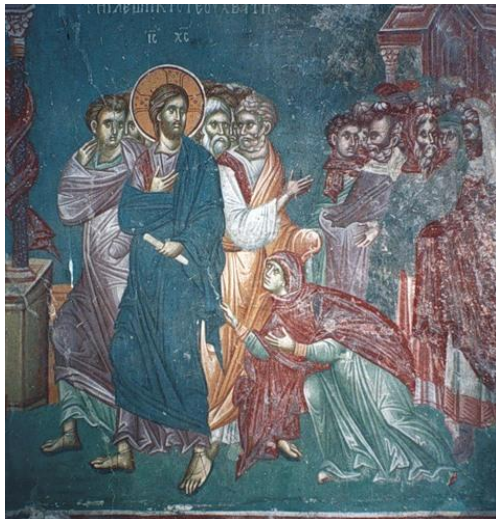

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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e-mail: stmichael@stmichaelcapecod.org



Sunday, October 29, 2023

**Twenty-first Sunday after Pentecost &
Seventh Sunday of Luke**

**Venerable Martyr Anastasia the Roman;
Venerable Abraham and his niece Mary of Mesopotamia;
New Hieromartyr Athanasios of Sparta**

Hierarchs and Parish Clergy:

His Eminence Metropolitan SABA (Isper)
Antiochian Archdiocese of North America

His Grace Bishop JOHN (Abdalah)

Bishop of the Diocese of Worcester & New England

Father James Irving, Pastor

Subdeacon Joseph Boruch

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Save us, O Son of God, Who art risen from the dead, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world 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.

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 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***

If you or your loved ones need to contact a member of the clergy in the event of a pastoral emergency, please contact Fr. James Irving, who can be reached by phone or text at (781) 468-8709 or by email at dnjamesirving@gmail.com.

SCHEDULE:

- **Saturday, October 28**
 - 5:00 PM Vespers
- **Sunday, October 29**
 - 9:00 AM Orthros / 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Choir Rehearsal
- **Saturday, November 4**
 - 5:00 PM Vespers
- **Sunday, November 5**
 - 9:00 AM Orthros / 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
- **Tuesday, November 7** (*Clergy from the New England region may be in attendance as this event coincides with a Clergy retreat planned for the same time. Please plan to attend this feast day event.*)
 - 6:00 PM Orthros
 - 7:00 PM Hierarchical Divine Liturgy for the **Synaxis of the Archangel Michael & the other Bodiless Powers**
 - Meal

*****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

It is a great joy to have so many people join us for coffee hour!

Please remember that coffee hour is potluck and is successful when we all pitch in by bringing food, serving, helping with set up and clean up or offering donations in the offering box on the counter. Please ask someone in the kitchen how you can help. May God continue to bless our community!

Our People are our Choir! We love to hear you sing with us! WELCOME! We are glad to have you worship with us today!

THE EPISTLE

(For the Twenty-First Sunday after Pentecost)

O Lord, how magnified are Thy works. In wisdom hast Thou made them all. Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, you know that a man is not justified by works of the Law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the Law, because by works of the Law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

THE GOSPEL

(For the Seventh Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (8:41-56)

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought Him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed round Him. And a woman, who had had a flow of blood for twelve years, and had spent all her living upon physicians, and could not be healed by anyone, came up behind Him, and touched the fringe of His garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched Me?" When all denied it, Peter said, "Master, the multitudes surround Thee and press upon Thee! And Thou sayest, 'Who touched Me?'" But Jesus said, "Someone touched Me; for I perceive that power has gone forth from Me." And when the woman saw that she was not hidden, she came trembling, and falling down before Him declared in the presence of all the people why she had touched Him, and how she had been immediately healed. And Jesus said

to her, "Daughter, your faith has made you well; go in peace." While Jesus was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher anymore." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when Jesus came to the house, He permitted no one to enter with Him, except Peter and James and John, and the father and mother of the child. And all were weeping and bewailing her; but Jesus said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand Jesus called, saying, "Child, arise." And her spirit returned, and she got up at once; and Jesus directed that something should be given her to eat. And her parents were amazed; but He charged them to tell no one what had happened.

TEEN SOYO SPECIAL OLYMPICS

This Sunday, our teens will request your financial donations to enable them to sponsor the 43rd Annual Special Olympics Sports Camp, which will be held at the Antiochian Village in August, 2024. Your donations make it possible for every athlete to attend this event free of charge and also help Teen SOYO members travel to serve as coaches at the Camp.

Each year, NAC Teen SOYO covers the cost of the Camp (approximately \$75,000), through the generosity of our fellow parishioners. Through the years, we have hosted more than 8,500 athletes and coaches. Around 1,200 of our teens have had the unique experience of being a coach or volunteer at the camp.

As NAC Teen SOYO prepares to sponsor the Camp, we ask for your generosity and help in making this ministry possible. Approximately 300 athletes and coaches participate in our camp each year. Teen SOYO members travel from across our Archdiocese to volunteer their time to live in service to others and to fulfill the call to do all things "as working for the Lord, not for men." (Col. 3:23)

As an expression of gratitude for your donation to this effort, teens will be handing out bookmarks with the icon of the Communion of the Apostles.

Thank you for considering the support of this wonderful ministry that allows our children to be a witness and blessing to others!



ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

FLOWERS FOR THE NATIVITY

Please, consider making a donation towards flowers for the Nativity. You can find basket at the back of the church.

THANKSGIVING MEALS FOR INDEPENDENCE HOUSE

A Sign-Up request has been sent out via email to parish members and friends to help provide Thanksgiving Meals to Independence House in Hyannis, which provides services to battered women and their children.

- Please register to pick up a few items the next time you are at the grocery store.
- Please consider donating your time to help package the items for delivery on Nov 19 and to help with delivery on Nov 20.
- If can't shop for any of the items, please consider donating funds to help us with the purchase of food to supplement what is being generously donated.

The sign-up request covers all these requests. If you don't have access to a computer, please reach out to the Outreach committee to let us know how you can help: Macrina, Kristin, Michelle, Linda, Elaine B & Soraya. If you didn't receive the Sign-up request in your email, please see Soraya so your name can be added to our distribution list.

Thank you for your support of St. Michael outreach and its programs

YARD SALE DONATION OF ITEMS NEEDED

Women's Group is organizing a WHITE ELEPHANT BOUTIQUE to be held on Saturday Nov 18. We will be selling raffle tickets for original oil painting at coffee hour leading up to the event so please support us and take your chance at winning!!! Accepting donations: Nov 11 before/after Vespers; Nov 12 after Liturgy; Nov 13-17 by special arrangement with committee members below! Please include a list of your donated items along with your name and phone number. **THIS IS REQUIRED FOR ALL DONATIONS** as unsold items must be returned to the donor since we are not able to store at church or to bring to another donation facility. We will also need empty boxes for use in packing sold items. Please help us collect and bring to church Nov 11-12. Liquor stores and supermarkets

are a great source of empty boxes! LIST OF ITEMS THAT WILL BE ACCEPTED CLEAN AND IN WORKING ORDER:

- Small appliances
- Small Electronics - speakers, headphones, games
- Tools
- Kitchenware – pots, pans, bakeware, corning ware, pyrex, mixing bowls, serving platters
- Giftware – decanters, vases, candy dishes
- Collectables – figurines, depression glass, crystal, English Bone China
- Original Artwork – Water Colors and Prints
- Jewelry
- Toys, Puzzles, Baby items
- Table linens, place mats, napkin rings
- Seasonal / Holiday Items
- Books, CDs, DVDs (make sure they appropriate to be sold at a church event)
- Sporting goods
- Ladies Pocket books, leather goods
- Luggage (weekend bags, carry-on, two-suitors, etc...)
- Baskets

NO MUGS. NO CLOTHING. NO BIG FURNITURE PIECES

Please contact any of the committee members with your questions:
Mary Rahal (508)385-4405 // Pauline Rassias (781)690-2891 // Soraya Bandeli (617)842-8591

Please, share the information about the event on your Facebook.
Thank you for your continued commitment to St. Michael!

Jacob Bourassa was ordained a Deacon at the hand of Bishop John on Wednesday October 18, 2023 at Emmanuel Orthodox Church (Western Rite) in Brookfield Ma.

Deacon Jacob and his wife Katie are from Michigan and he is a seminarian studying at Hellenic College Holy Cross in Boston MA. You may have seen or met Jacob when he and his wife attended the Ordination of Fr James. Please pray for him as he continues to grow in knowledge and wisdom.



THE SYNAXARION

On October 29 in the Holy Orthodox Church, we commemorate the Venerable Martyr Anastasia of Rome.

Verses

*The off-shoot of Rome, the Martyr Anastasia,
Endured the off-cutting of her head with courage.*

On the twenty-ninth Anastasia endured the keen sword.

Anastasia was born in Rome of noble parents, and was left an orphan at the age of three. She was taken to a convent near Rome to the abbess Sophia, a nun of the highest level of perfection. After seventeen years, Anastasia was well known-among the Christians as a great ascetic, and among the pagans as a rare beauty. The pagan governor Probus heard of Anastasia and sent his soldiers to bring her to him. For two hours, Abbess Sophia counseled Anastasia how to keep the Faith, how to resist flattering deceits, and how to endure torture. Anastasia said to her: "My heart is ready to suffer for Christ; my soul is ready to die for my Sweet Jesus." Brought before the governor, Anastasia openly expressed her faith in Christ the Lord, and when the governor tried to turn her away from the Faith, the martyr said to him: "I am ready to die for my Lord not only once, but if it were only possible, a hundred times!" She was beaten, torn and cut up. Twice she felt a great thirst and asked for water, and a Christian, Cyril, gave her a drink, for which he was blessed by the martyr of Christ and beheaded by the pagans. Anastasia was also beheaded outside the city. Blessed Sophia found her body and buried it honorably in the third century.

On this day, we also commemorate Venerable Abraham and his niece Mary of Mesopotamia; and New Hieromartyr Athanasios of Sparta. By the intercessions of Thy saints, O Christ our God, have mercy upon us. Amen.
