
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 10, 2024

Tone 7 / Eothinon 7

Sunday of the Last Judgment (Meat Fare)

Martyr Kodratos of Corinth and his five companions;

Anastasia the patrician of Alexandria

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 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 FOR SUNDAY OF LAST JUDGMENT IN TONE ONE: When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

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.

Fr. James is available for confession by appointment.

***** MARCH IS ANTIOCHIAN WOMEN'S MONTH *****

SCHEDULE:

- **Saturday, March 9**
 - 12:00 PM Holy Unction Service at **St. Stephen Ludlow**
 - NO Vespers at St. Michael
- *** Daylight Saving Time starts *****
- **Sunday, March 10**
 - 9:00 AM Orthros / **NO Church School**
 - 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Teen SOYO Meeting
 - Choir Rehearsal
- **Saturday, March 16**
 - 12:00 PM SOYO Painting Project
 - 3:30 PM Family Night
 - 5:00 PM Vespers
- **Sunday, March 17**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy
 - Small Bake Sale
 - St. Martha & St. Mary Sisterhood Meeting

*****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 Sunday of the Last Judgment)

The Lord will give strength to His people.

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

The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)

Brethren, food will not bring us closer to God; for neither if we eat, are we the better, nor if we do not eat, are we the worse. But take heed lest by any means this authority of yours become a stumbling block to those who are weak. For if anyone sees you, as someone who has knowledge, reclining at a table in an idol's temple, will not the conscience of the one who is weak be emboldened to eat of the things sacrificed to idols, and through your knowledge the weak brother perishes, for whom Christ died? And thus, sinning against the brethren, and wounding their conscience when it is weak, you sin against Christ. Therefore, if food causes my brother to stumble, I will not eat meat forever, lest I cause my brother to stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are not you my work in the Lord? If to others I am not an apostle, yet at least I am to you; for the seal of my apostleship are you in the Lord.

THE GOSPEL

(For Sunday of the Last Judgment)

The Reading from the Holy Gospel according to St. Matthew. (25:31-46)

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee

hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.’ Then He will say to those at his left hand, ‘Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer, ‘Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?’ Then He will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.’ And they will go away into eternal punishment, but the righteous into eternal life.”



ST. MICHAEL HAPPENINGS

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

Please welcome the Very Reverend Igor Burdikoff. Father is an Orthodox Church of America (OCA) retired priest. He is attached to Christ the Savior Church, Ballston Spa, New York. He is with us today as he is visiting his daughter on the Cape.

PARISH DIRECTORY 2024

The Parish Directory team is working on finalizing details for our 2024 Parish Directory. The directory will not be posted online or on any social media. It is just a printed tool for our parish family to have contact information and see faces with names in an effort to create a stronger sense of community. Pictures will be taken March 24 & 31.

If you want your picture updated, or have not had one taken, please let Soraya know which day you can have it done. At that time, we will review your address / phone info to make sure all the information is correct. Soraya Bandeli / 617-842-8591 // sbandeli@comcast.net

SCHOLARSHIP OPPORTUNITY

The Antiochian Women offer a grant to women 26 years old and older, active in their churches and who wish to pursue further study.

Complete information and an application can be found at:

<https://antiochianprodsa.blob.core.windows.net/websiteattachments/2024%20Scholarship.pdf>

FORGIVENESS SUNDAY - MAR 17 **at 5 PM at St. George Norwood**

Forgiveness
Sunday:
March 17th
5:00 pm
Saint George
Norwood

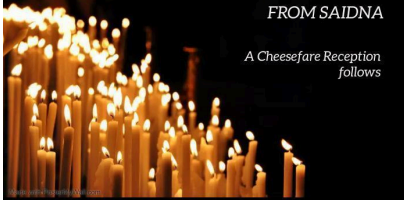


*His Grace Bishop John
The Clergy of New England
& the Antiochian Women*

INVITE YOU TO JOIN US

VESPERS & A LENTEN REFLECTION
FROM SAIDNA

A Cheese Fare Reception
follows



LENTEN RETREAT & FAMILY DAY - **APR 5&6 at St George W Roxbury**

April 5 at 6 PM - Akathist Service
followed by Fr. Michael Elias
speaking with the Teen SOYO.


Antiochian Orthodox
Diocese of New England

LENTEN RETREAT & FAMILY DAY

**"Orthodox Ethics at Every
Stage of Life: Practical
Thinking About Life Issues"**


Friday, April 5th
Saint George, Norwood
6:00 Akathist & Talk for Teen SOYO

Saturday, April 6th
Saint George, West Roxbury
9:00 Divine Liturgy
Breakfast & First Session
Family Day activities begin
Lunch, Second Session, Q & A



Retreat Speaker:
Archpriest Michael Elias
Pastor, Saint Mary Church
Bay Ridge, NY

Advance Registration Required



<https://Diocese-retreat.eventbrite.com>
Friday Night - Free
Saturday Adults - \$30 / Children - Free
Questions: Contact Kh. Erin Kimmelt

Sponsored by the
Diocesan Council
& Antiochian Women

PARISH LIFE CONFERENCE 2024

St Michael the Archangel of Cape
Cod is hosting DOWNE 2024 PLC
in Plymouth MA Jun 21-23.

- The Hotel 1620 link www.hotel1620.com is now live for your reservations. Book early with the group code **SMPLC365**
- The event registration link www.worcesterplc.org is live, please, register.
- Please book your sunset boat dinner cruise early. Limited spots are available.

DIOCESE OF WORCESTER &
NEW ENGLAND

PARISH LIFE CONFERENCE 2024

HOSTED BY:
ST. MICHAEL THE ARCHANGEL CHURCH (COTUIT, MA)

THE HONORARY
BISHOP JOHN



SENIORITE
OFFICER
**FR. TES
PULCINI**



SENIORITE
OFFICER
**MICHAEL
BAGLIO**



JUNE 21 - 23, 2024

Along with yearly events like Bible Bowl, evening events, social

- Enhanced to Christ - Seven Deadly Sins: Slush with Anthony Bashir & Richard Robust
- Meet & Greet Reception
- Men's Workshop: Introducing "The Antiochian Man"
- SOYO Beach Event at Nelson Memorial Park
- Children Walking Tour of Plymouth & Mayflower II
- Movie Night "Man of God"
- Sunset Cruise, Dinner & Dance
- Hierarchical Divine Liturgy for the Great Feast of Pentecost

Something for everyone! Something for you!
See the full schedule of events and register here

WWW.WORCESTERPLC.ORG

hotel 1620
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THE SYNAXARION

On March 10 in the Holy Orthodox Church, we commemorate Martyr Kodratos of Corinth and his five companions; and Anastasia the patrician of Alexandria.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

Verses

*When the Judge of all sitteth to judge the earth,
Come now! Mayest Thou judge me worthy of Thy voice!*

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today’s Holy Gospel. Jesus illustrates to us God’s ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on us. Amen.

Save the Date!

- March 17, 2024: Forgiveness Sunday Vespers @ St. George in Norwood
 - April 6, 2024 (Saturday): Annual Lenten Retreat @ St. George in West Roxbury sponsored by the Diocese Antiochian Women
 - May 24-27, 2024: Family Camp @ Antiochian Village
 - June 6-9, 2024: Christian Education Conference @ Antiochian Village Conference Center
 - June 21-23, 2024: Diocese Parish Life Conference in Plymouth hosted by St. Michael Cotuit
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