
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 24, 2024

Tone 1 / Eothinon 9

First Sunday of Great Lent (Sunday of Orthodoxy)

Venerable Zachariah the recluse and

Artemon, bishop of Seleucia

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 ONE: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF THE FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)

IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

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:

- **Friday, March 22**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 23**
 - 9:00 AM Divine Liturgy for the Miracle of the Koliva
 - 5:00 PM Vespers
- **Sunday, March 24**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 10:00 AM Divine Liturgy with Procession of Icons
 - Choir Rehearsal
 - Catechumen Gathering
 - 5:00 PM Vespers
- **Monday, March 25**
 - 9:00 AM Divine Liturgy for the Annunciation
- **Wednesday, March 27**
 - 5:30 PM Divine Liturgy of the Presanctified Gifts
- **Friday, March 29**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 30**
 - 5:00 PM Vespers
- **Sunday, March 31**
 - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
 - 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

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

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip

said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

CATECHUMEN GATHERING

People interested in joining the Orthodox Church will meet Sunday, February 25 after liturgy. Please come to explore the process, traditions, and the beliefs of the church. If you would like to attend contact Fr. James so he can email you materials for the meetings.

PARISH LIFE CONFERENCE 2024

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

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

If you need help with registration, please reach out to Soraya, Rick and Anastasia. **We are holding a registration session this Sunday!**

DIOCESE OF WORCESTER & NEW ENGLAND

PARISH LIFE CONFERENCE 2024

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

HIS GRACE BISHOP JOHN

FR. TED PULCIN

FR. MICHAEL BAGLIO

JUNE 21 - 23, 2024

Along with yearly events like Bible Bowl, exciting events await!

- Liturgical to Christ - Seven Deadly Sins' Slush with Anthony Bader & Richard Pollock
- Meet & Greet Reception
- Men's Workshop: Introducing "The Antiochian Men"
- SOYO Beach Event at Nelson Memorial Park
- Children Walking Tour of Plymouth & Mayflower II
- Movie Night "Man of God"
- Sunset Cruise, Dinner & Dance
- Preface 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
PLYMOUTH HARBOR

SUNSET CRUISE, DINNER & DANCE



ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE

ALL FOR THE GLORY OF GOD AND HIS CHURCH

We are now accepting donations for PASCHA FLOWERS You can find the basket at the back.

SOUP FOR THE SOUL

This week's soup is Romanian Bean Borscht, brought to us from the kitchen of Soraya Bandeli and Bodgan Dumitrescu, and featuring a delicious blend of savory flavors and just the right touch of tartness. If

you have never tried it, you should!

Make your meal planning for the second week of Great Lent just a little easier and sign up for a quart (at the very reasonable price of \$10) in the Parish Hall this coming Sunday, March 24th, for pick up after the Liturgy of the Presanctified Gifts on Wednesday, March 27th, or if you would prefer, at Coffee Hour after Divine Liturgy on Sunday, March 31st. Look for the sign up sheet during Coffee Hour or by sending an email to rsbboston@yahoo.com and prepare your taste buds for a treat!

PASCHA CARD ORDER FORM

Women's Group mailed out the Pascha Card order form. If you would like your name on St. Michael Pascha Card, please fill out the form and return it by April 28, 2024. All proceeds of this year's Pascha card will be going to St. Michael Women's Programs.

FOOD FOR HUNGRY This year we celebrate **50 years** of raising funds for our **FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH** program. Through your generosity, over \$6.5 million has been distributed to the hungry poor in the United States, Canada and around the world. During this past year, we made every effort to reach out to those in need in our own parishes and in our local communities. The collection boxes are available at the back of the church. Collect your loose change throughout Lent. Make it a game with your kids. If you own a business, put it out for your customers to help with the drive. Please pray for those who go without. Boxes are due back on Palm Sunday. Thank you for your generosity!

SOYO PAINTING PROJECT THANK YOU!

Many thanks to all the youth who helped paint the back stairwell on 3/12. It was a lot of work, and a lot of fun!



BAKE SALE THANK YOU!

Last Sunday the St. Mary & St. Martha's Sisterhood held a pre-Lenten bake sale including Baklava, Kourabiedes, Paximathia, Lemon Squares, Banana Bread, Peanut butter bars, chocolate chip cookies, peanut butter cookies, cup cakes, crepes, and more... Thank you to all who baked and all who bought!

OUTREACH GROUP: Help give to those in need!

The Outreach Team currently has a project creating personal care blessing bags for those in need. We plan to donate 25 blessing bags to the Falmouth Police Department for the program they have distributing care packages to those without homes or in need as they come across them on the job. Any questions or for more information please see Macrina Stewart, Soraya Bandeli, or Michelle Moeck. We are requesting your help getting the items needed for this project!

List of Items Needed:

<ul style="list-style-type: none">● Toothbrushes● Travel size Toothpaste● Band-Aids● Travel Size Deodorant● Lip Balm● Mylar/Survival Blankets● Mini Neosporin/Antibiotic● Ointment Packets	<ul style="list-style-type: none">● Socks● Body Wipes● Bottles of water● Granola Bars● Small Bags of Nuts● Granola● Feminine Care Products
---	--

Please drop off items at the church in the box marked "Outreach".

Please grab a tag on the bulletin board outside the Nave of what you'd like to contribute so we can avoid getting duplicate items. Please return items by April 7th. We will assemble bags on April 21st after coffee hour.

PARISH DIRECTORY 2024

The Parish Directory team is working on finalizing details for our 2024 Parish Directory. It is 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 & April 7. 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 Thank you for your support!

THE SYNODICON: THE AFFIRMATION OF THE ORTHODOX FAITH

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the Teachers have dogmatized, as the universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ has awarded: thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshiping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration.

This is the Faith of the Apostles; this is the Faith of the Fathers; this is the Faith of the Orthodox; this is the Faith which has established the universe!

THE NICENE-CONSTANTINOPOLITAN CREED

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by Whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And was crucified also for us under Pontius Pilate, and suffered and was buried. And on the third day He rose again, according to the Scriptures. And ascended into heaven, and sitteth at the right hand of the Father. And He shall come again with glory to judge the living and the dead,

Whose Kingdom shall have no end. And I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceedeth from the Father, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets. And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, and the life of the world to come. Amen.

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.
