

---

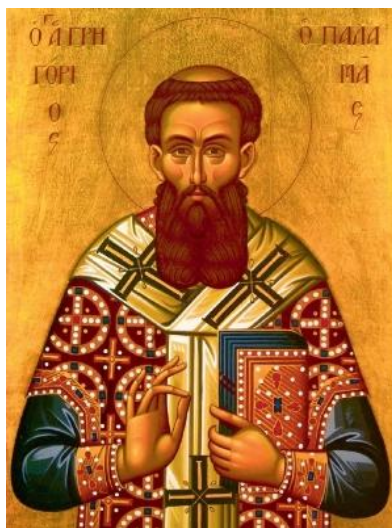
## ***St. Michael the Archangel Antiochian Orthodox Church***

62 Main Street, Cotuit, MA 02635

(508) 420-1113, [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org),

e-mail: [stmichael@stmichaelcapecod.org](mailto:stmichael@stmichaelcapecod.org)

---



**Sunday, March 31, 2024**

**Tone 2 / Eothinon 10**

**Second Sunday of Great Lent**

**Commemoration of Gregory Palamas,  
archbishop of Thessalonica**

**Hypatios the wonderworker, bishop of Gangra; Prophet Joel**

---

**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 TWO: When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT: O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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, Quodoos 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

ST. BASIL LITURGY MEGALYNARION: All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

**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, 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
- **Wednesday, April 3**
  - 5:30 PM Divine Liturgy of the Presanctified Gifts
- **Friday, April 5**
  - 6:00 PM Akathist / Medayeh & Reception **at St. George, Norwood**
  - Teen SOYO with Fr. Michael Ellias
- **Saturday, April 6**
  - 9:00 AM Lenten Retreat & Family Day **at St. George, West Roxbury**
  - 5:00 PM Vespers **at St. George, Norwood**
  - **No Vespers at St. Michael**
- **Sunday, April 7**
  - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
  - 10:00 AM Divine Liturgy
  - Teen SOYO Meeting
  - Outreach 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

*The Lord is my strength and my song. The Lord has chastened me severely.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are

---

---

forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

## **PRESANCTIFIED LITURGY**

**WHAT is the Presanctified Liturgy?** The Presanctified Liturgy, one of the four Divine Liturgies of the Orthodox Church, plays a very significant role in Great Lent. It is an exceptionally beautiful Divine Service that combines elements of Vespers with some elements of the regular Divine Liturgy, (but without any of the Anaphora/Consecration), and concludes with the reception of Holy Communion. The “Liturgy of the Presanctified Gifts” bears this name because the Lamb, (which is the square piece of Holy Bread that becomes the Body of Christ, and is consumed in Holy Communion), is consecrated or sanctified during the Liturgy on the previous Sunday. The Service also bears the name of St. Gregory the Great (540-604), Pope Gregory I of Rome (590-604). It is generally believed that he compiled and wrote down the text of what he observed in practice in Constantinople in the late sixth century, while he was the papal ambassador for 6 years to the Eastern Roman (Byzantine) Empire, whose capital was in Constantinople.

**WHY is there the Presanctified Liturgy?** The regular St. John Chrysostom Liturgy is seen as a festive resurrectional celebration, which is out of step with the intense penitential nature of the Great Fast. Yet it is desirable and helpful to be aided in one’s Great-Lenten spiritual struggles by receiving Holy Communion during the week. This is the reason why the Presanctified Liturgy exists — so that people can be strengthened by receiving Holy Communion at the end of a day of prayer and fasting, while still observing the Great Lenten Fast’s penitential nature and efforts.

*More at <https://stinnocentmonastery.org/whypresanctifiedliturgy>*

---



## 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 creamy mushroom soup brought to us from the kitchen of Stephen Winters and guaranteed to warm your stomach and put a smile on your face.

Make your meal planning for the third week of Great Lent easier and sign up for a quart (at the easy price of \$10) in the Parish Hall this coming Sunday, March 31st, for pick up after the Liturgy of the Pre-Sanctified Gifts on Wednesday, April 3rd, or, if you would prefer, at Coffee Hour after Divine Liturgy on Sunday, April 7th. Look for the sign up sheet during Coffee Hour or by sending an email to [rsbboston@yahoo.com](mailto:rsbboston@yahoo.com) and prepare your family 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. 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!

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

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 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](mailto:sbandeli@comcast.net) Thank you for your support!

## 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](http://www.hotel1620.com) is live for your reservations. Book early with the group code **SMPLC365**
- The event registration link is [www.worcesterplc.org](http://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 or Anastasia.**



---

## THE SYNAXARION

On March 31 in the Holy Orthodox Church, we commemorate Hypatios the wonderworker, bishop of Gangra; and the Prophet Joel.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

### **Verses**

*The Spring of Light now leadeth to light unwaning  
The Light's own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

### **Save the Date!**

- April 5, 2024: Akathist Service at 6pm followed by a special talk for the teens of the Diocese @ St. George in Norwood
- April 6, 2024: Annual Lenten Retreat @ St. George in West Roxbury sponsored by the Diocese Antiochian Women
- May 10-11: Men's Retreat in Orleans, MA
- May 24-27, 2024: Family Camp @ Antiochian Village

---

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](mailto:dnjamesirving@gmail.com).

Fr. James is available for confession by appointment.

---