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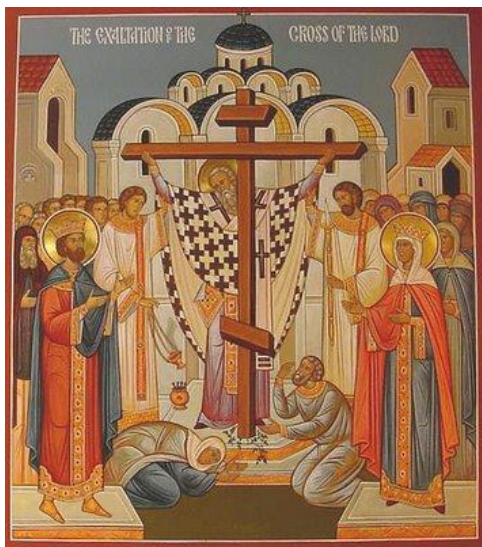
## **St. Michael the Archangel Antiochian Orthodox Church**

62 Main Street, Cotuit, MA 02635

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**Sunday, April 07, 2024**

**Tone 3 / Eothinon 11**

**Third Sunday of Great Lent**

**Veneration of the Precious and Life-Giving Cross**

**Martyr Kalliopios of Cilicia; repose of Tikhon, patriarch of  
Moscow and Enlightener of North America**

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**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**

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## 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 THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.

### THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (*thrice*)

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.

### KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

**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**

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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, 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
  - 10:00 AM Divine Liturgy with Procession of the Holy Cross
  - Outreach Meeting
- **Wednesday, April 10**
  - 5:30 PM Divine Liturgy of the Presanctified Gifts
- **Friday, April 12**
  - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, April 13**
  - 5:00 PM Vespers
- **Sunday, April 14**
  - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
  - 10:00 AM Divine Liturgy
  - 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!***

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## THE EPISTLE

(For the Third Sunday of Great Lent)

*O Lord, save Thy people and bless Thine inheritance.*

*Unto Thee, O Lord, will I cry, O my God!*

### **The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)**

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

(For the Third Sunday of Great Lent)

### **The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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## **Veneration of the Holy Cross at the Mid-Point of Great Lent**

On the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.

The commemoration and ceremonies of the Third Sunday of Lent are closely parallel to the feasts of the Veneration of the Cross (September 14) and the Procession of the Cross (August 1). Not only does the Sunday of the Holy Cross prepare us for commemoration of the Crucifixion, but it also reminds us that the whole of Lent is a period when we are crucified with Christ.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Fathers wished to remind us of Adam's gluttony as well as the fact that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death but shall inherit life eternal

The most common icon associated with the Veneration of the Cross is the same icon used on the Feast of the Universal Exaltation of the Precious and Life-Giving Cross, September 14. In the icon, Patriarch Macarius is standing in the pulpit elevating the Cross for all to see and venerate. On each side of the Patriarch are deacons holding candles. The elevated Cross is surrounded and venerated by many clergy and lay people, including Saint Helen, the mother of Emperor Constantine.

In the background of the icon is a domed structure that represents the Church of the Resurrection in Jerusalem. This church was one of the churches constructed and dedicated by Emperor Constantine on the holy sites of Jerusalem.

As in the service of veneration, the icon shows the priest venerating the Cross as the people chant the hymn "We venerate Your Cross, O Christ, and Your holy Resurrection we glorify".

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## 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 Vegan Taco soup hot and yummy from the kitchen of Michelle Moeck. You will love how it tastes....savory and just right!

Make your meal planning for the 4th week of Great Lent just a step of two easier by signing up for a quart of soup (for the usual price of \$10) in the Parish Hall this coming Sunday, April 7th, for pick up after the Liturgy of the Pre-Sanctified Gifts on Wednesday, April 10th, or, if you would prefer, at Coffee Hour on Sunday, April 14th. 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!

### **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>
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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 on 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!

**SPRING MEN'S RETREAT: MAY 10-11 IN ORLEANS, MA**

Save the date for an upcoming Spring Men's Retreat to be held at the Paraclete House, Orleans, MA on Friday, May 10 to Saturday, May 11, 2024. The cost for overnight accommodation is \$125 which includes room and three meals.

The weekend will start Friday afternoon and conclude Saturday afternoon. Come and enjoy fellowships, worship and discussions to strengthen our Faith. Worship will be in the Western Rite and Eastern Rite. More details to follow. Please mark your calendars.

Please email Fr. James Irving at [dnjamesirving@gmail.com](mailto:dnjamesirving@gmail.com) with any questions or to participate in the event.

**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.**

**DIocese of WORCESTER & NEW ENGLAND**  
**PARISH LIFE CONFERENCE 2024**  
HOSTED BY: ST. MICHAEL THE ARCHANGEL CHURCH (DOWNTOWN, MA)

**PRESENTER: BISHOP JOHN**  
**LECTURER: FR. JAMES IRVING**

**JUNE 21 - 23, 2024**

**hotel 1620**  
PLYMOUTH HARBOR

**ACTIVITIES:**  
• Fare Thee Well: Sunset, Dinner, Cruise, Prayers  
• Sun-Down Dinner & Sunset Cruise  
• Parish Life Conference  
• Parish Workshop: "The Archdiocese"  
• DOWNE 2024 Parish Life Conference  
• Family Walking Tour of Plymouth and Middlesex  
• Mass at St. Michael's Church  
• Sunset Dinner Cruise & Cruise  
• Parishes' Dinner Meeting for the Great Feast of Pentecost

Something for everyone! Everything for you!  
Come for the spiritual, the fun and the memories!

**WWW.WORCESTERPLC.ORG**

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## THE SYNAXARION

On April 7 in the Holy Orthodox Church, we commemorate Martyr Kalliopios of Cilicia; and the repose of Tikhon, patriarch of Moscow and Enlightener of North America.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

### **Verses**

*Let the whole world entire worship the Cross  
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

### **Save the Date!**

- May 10-11: Men's Retreat in Orleans, MA
- May 24-27: Family Camp @ Antiochian Village, PA
- June 21-23: Parish Life Conference 2024 in Plymouth, MA

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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.

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