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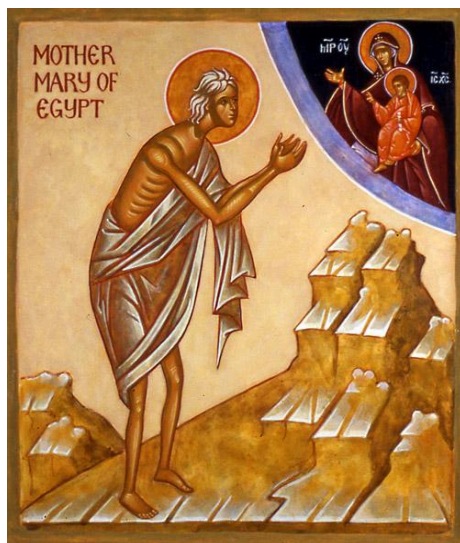
## **St. Michael the Archangel Antiochian Orthodox Church**

62 Main Street, Cotuit, MA 02635

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

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**Sunday, April 21, 2024**

**Tone 5 / Eothinon 2**

**Fifth Sunday of Great Lent**

**Commemoration of our Righteous Mother Mary of Egypt**

**Hieromartyr Januaros, bishop of Benevento & companions;**

**Martyr Alexandra the Queen & companions**

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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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT: Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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

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**

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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, April 19**
  - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, April 20**
  - 9:00 AM Spring Cleanup of the Yard
  - 5:00 PM Vespers
- **Sunday, April 21**
  - 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
- **Wednesday, April 24**
  - 5:30 PM Divine Liturgy of the Presanctified Gifts
- **Saturday, April 27**
  - 9:00 AM Divine Liturgy for Lazarus Saturday
  - 5:00 PM Vespers
- **Sunday, April 21**
  - 9:00 AM Orthros / Church School/ 9:15 AM Bible Study for Kids 10+
  - 10:00 AM Divine Liturgy with Procession for Palm Sunday
  - Choir Rehearsal

**\*\*\*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

*Thou, O Lord, shalt preserve us and keep us from this generation.*

*Save me, O Lord, for the godly man hath disappeared.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)**

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (10:32-45)**

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and

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John. And Jesus called them to Him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many.”

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



# Spring Men's Retreat

May 10-11, 2024

Come join together for fellowship and services.

Book discussion and reflections on

“Christ the Conqueror of Hell” by Met. Hilarion Alfeyev

to be led by Clergy

Friday 3:00 p.m. Arrive, 6:00 Dinner followed by Meet/Greet Fellowship

8:00 Confession and Compline

Saturday 7:00 am Spoken Liturgy of St Gregory, Breakfast

10:00 until 11:30 a.m. First session

Lunch at Noon

1:00 p.m. until 2:30 p.m. Second Session

Vespers at 4:30 p.m.

Paraclete Retreat House, 5 Bay View Drive, Orleans, MA, \$125 for overnight and meals, cost for breakfast and lunch only is \$50 Please contact: Fr. Michael Heningham [frmichael@stsoc.org](mailto:frmichael@stsoc.org) or Fr. James Irving [djamesirving@gmail.com](mailto:djamesirving@gmail.com)



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**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE**  
*of North America*

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

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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**

The soup for the 6th week of Great Lent is Greek Lentil Soup from the kitchen of Stephen Winters. Simplify your meal planning for the 6th week of Great Lent by signing up for a quart of soup (for \$10)

in the Parish Hall this coming Sunday, April 21st, for pick up after the Liturgy of the Presanctified Gifts on Wednesday, April 24th, or, if you would prefer, at Coffee Hour on Sunday, April 28th.

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:**

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| <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". We will assemble bags on April 21st after coffee hour.



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## THE SYNAXARION

On April 21 in the Holy Orthodox Church, we commemorate Hieromartyr Januarios, bishop of Benevento, and his companions; and the Martyr Alexandra the Queen and her companions.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

### **Verses**

*Spirit rose up, flesh melted away erewhile;  
hide, O earth, the worn bones of Mary's body.*

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through her intercessions, O Christ God, have mercy upon us. 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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