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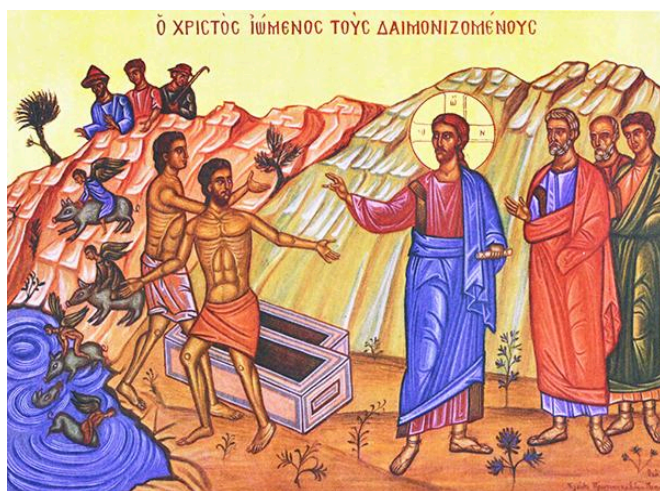
## **St. Michael the Archangel Antiochian Orthodox Church**

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)

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**Sunday, July 28, 2024**

**Tone 4 / Eothinon 5;**

**Fifth Sunday after Pentecost**

**& Fifth Sunday of Matthew**

**Prochorus, Nicanor, Timon and Parmenas,**

**Deacons and Apostles of the Seventy**

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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 FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world 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 OF THE TRANSFIGURATION IN TONE SEVEN: Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

### 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.**

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**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, July 27**
  - 7:00 PM Vespers
- **Sunday, July 28**
  - 8:30 AM Orthros
  - 9:30 AM Divine Liturgy
- **Saturday, August 3**
  - 7:00 PM Vespers
- **Sunday, August 4**
  - 8:30 AM Orthros
  - 9:30 AM Divine Liturgy
- **August 5 - August 9**
  - 2:00 PM - 5:00 PM Vacation Church School at St. George Greek Orthodox Church, Centerville
- **Tuesday, August 6**
  - 9:00 AM Divine Liturgy for the Transfiguration of Christ

**\*\*\*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 Fifth Sunday after Pentecost)

*How great are Thy works, O Lord! In wisdom hast Thou made them all.*

*Bless the Lord, O my soul*

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

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

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## THE GOSPEL

(For the Fifth Sunday of Matthew)

### **The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)**

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.

## HISTORY OF ST. MICHAEL

Now that the snowbirds are back home, it's time to take another look at our church history. Although we completed a brief history to be published in our new directory, now is the time for us to concentrate on a more in-depth story of our parish. We are celebrating our thirtieth year this year! Please start writing stories on your own that you think should be included and we'll come together soon to formalize a plan for this project. We hope to complete this church history by early fall. So if there is some information you think is important to preserve for future generations, please be sure to participate! We would like everyone who is interested to be involved. Please contact Kh. Valerie.

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## **ST. MICHAEL HAPPENINGS**

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

### **COFFEE HOUR SET-UP AND CLEAN-UP**

Thanks to all for bringing a great variety of foods for us to share. COFFEE HOUR IS POT LUCK. We appreciate all the effort that you make to bring an item to share so we can all enjoy a beautiful morning of fellowship! With our increased number of visitors over the summer, please consider increasing the quantity so everyone can enjoy an abundant gathering. Our challenge during coffee hour seems to be set up and clean up. Please consider coming in a little early or staying a little late so we all get a chance to be part of fellowship. As it is, we always find the same people in the kitchen. Please sign up for dates that work for you and your family. The names are "per family" - you don't need to register for each family member who will be there to help.  
<https://www.signupgenius.com/go/10C0F44A5AD2FA4FCC52-coffee1/124663452#/> When you sign up please include your phone number. If you can't make the dates you signed up for please reach out to your teammates on that day so they can plan to find other volunteers to help. We appreciate all that people do for our flourishing community!

### **THANK YOU FROM OUTREACH TEAM**

Thank you to everyone who donated items for A Baby Center in Hyannis. Macrina and Soraya delivered clothing, diaper lotion, baby formula, pacifiers, baby bottles and receiving blankets. ABC were so grateful for these items that were needed by their clients. Join our group and help make a difference in the lives of so many! See Macrina or Soraya if you'd like to be part of the solution!

### **VACATION CHURCH SCHOOL 2024**

Please keep our Vacation Church School in your prayers as we prepare and host approximately 30 children in August and share with them God's love and teach them more about the path to holiness. And please consider volunteering as well. See Macrina for details.

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**INVITATION TO ATTEND THE NEW SKETE ANNUAL PILGRIMAGE:  
AUGUST 10, 2024 IN CAMBRIDGE, NY**

<https://newskete.org/events-seminars-workshops#c9f0b49e-6655-4f3c-91a4-c03576d7b69d>

*We invite you to our*  
**ANNUAL PILGRIMAGE**

**August 10, 2024**

The event is free and open to all.

**Come for the day or come for the conference.**

Guest speaker

**Patricia Fann Bouteneff**



Patricia Fann Bouteneff (D.Phil. Oxon.) a former academic and corporate chief of staff, is a strategic communications consultant as well as an independent scholar specializing in folklore and Pontic Greek studies. Her corporate, consulting, and academic work has always maintained a focus on discerning women's voices within folktale repertoires, corporate histories, or religious tradition, and on amplifying those voices so that they can be heard. Baptized as an adult in Thessaloniki at a metochi of Simonopetra Monastery and formerly parish council president at Holy Trinity Church in Yonkers, NY, she has been active in church communities in Greece, England, Switzerland, and the US. She is the President of Axia Women, a network by, for, and about Orthodox women, in the service of Christ.



## Schedule

8:30 am - Festal Matins  
Holy Wisdom Church

9:30 am - Divine Liturgy  
Holy Wisdom Church

11:00 am - Church Tour  
with Brother Gregory

1:00 pm - Tersext  
Transfiguration Church

1:30 pm - ***Morning Routine  
from the Christian East;  
Ideas and Practices for All***  
Guest speaker, Patricia Fann  
Bouteneff

3:00 pm - Gentle Chair Yoga

3:45 pm - **Living in the Presence**  
Brother Theophan, Monk of New Skete  
and The Reverend Masud Ibn  
Syedullah, TSSF

5:00 pm - Vigil with Healing Service  
Holy Wisdom Church

Please check website for updates on  
other activities during the day.

*Lunch available for purchase.*

**No reservations required.  
Attendance is free and open to the public.**



Monks of New Skete | 273 New Skete Lane  
Cambridge, NY 12816 | 518-677-3928 ext 214

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## THE SYNAXARION

On July 28 in the Holy Orthodox Church, we commemorate Prochorus, Nicanor, Timon and Parmenas, Deacons and Apostles of the Seventy.

### **Verses**

*Four men, the disciples of the Word Who is God-man,  
With a word preach the August Trinity to all men.*

*On the twenty-eighth the four initiates went away together.*

These first-century deacons are named in the Acts of the Apostles (6:1-6). The Apostle Peter ordained Prochorus as bishop of Nicomedia. For a time Prochorus was in the service of John the Evangelist and, on the Island of Patmos, copied the Book of Revelation which he heard from the mouth of St. John. After that he returned to Nicomedia where he exerted much effort and labor to convert the people to the Faith. He died a martyr's death in Antioch at the hands of unbelievers. Nicanor was stoned to death in Jerusalem on the same day as the Proto-martyr Stephen the Archdeacon (Acts 7:58-60). Soon after them, two thousand other Christians were slain by the wicked Jews. Saint Timon was a bishop in Bostra in Arabia and suffered on the cross for Christ. Saint Paramenas zealously preached Christ in Macedonia. He died in peace in Jerusalem before the eyes of the apostles and was mourned and buried by them.

By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

### **Save the Date!**

- August 22-25: Ancient Faith Men's Retreat at Antiochian Village
- **November 3: Bishop John visiting us for the Feast of St. Michael and our Anniversary Luncheon**
- November 7-10: Ancient Faith Women's Retreat at Antiochian Village

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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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