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

62 Main Street, Cotuit, MA 02635

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**Sunday, September 08, 2024**

**Tone 2 / Eothinon 11**

**Sunday before the Elevation of the Holy Cross**

**Feast of the Nativity of the Theotokos**

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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 TWO: When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hades 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 OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting

KONTAKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

### 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, September 7**
  - 5:00 PM Vespers
- **Sunday, September 8**
  - 9:00 AM Orthros
  - 10:00 AM Divine Liturgy
  - Blessing of Church School Children and Teachers
  - **Parish Cookout hosted by Parish Council**
- **Saturday, September 14**
  - 9:00 AM Divine Liturgy for Feast of the Elevation of the Cross
  - Parish Clean Up Day
- **Sunday, September 15**
  - 9:00 AM Orthros / Church School
  - 9:15 AM Bible Study for Kids Ages 10+
  - 10:00 AM Divine Liturgy
  - 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

(For the Sunday before the Elevation of the Holy Cross)

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

*To Thee, O Lord, I have cried, O my God.*

### **The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)**

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

## GOSPEL

(For the Sunday before the Elevation of the Holy Cross)

### **The Reading from the Holy Gospel according to St. John. (3:13-17)**

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

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## **ST. MICHAEL HAPPENINGS**

**WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE**

**ALL FOR THE GLORY OF GOD AND HIS CHURCH**

### **JOIN US FOR ST. MICHAEL CLEAN UP DAY!**

On Saturday September 14, after Liturgy, we will all come together to clean the church. After liturgy, please plan to stay and help as our ecclesiastical year begins. The more hands, the lighter the work! We will mop, vacuum, and dust the entire church,

Atrium, bookstore area, stairwells and fellowship hall. We will have a light meal after liturgy and before we start working. This is a fast day, so please bring a Lenten dish to share.

This will be the first of quarterly cleaning days we will plan. Please sign up on the coffee hour sign up sheet that is in every bulletin or see Soraya to add your name.

While you are at it, please sign up to help set up and clean up during coffee hour

<https://www.signupgenius.com/go/10C0F44A5AD2FA4FCC52-coffee1/124663452#/>

### **PARISH DIRECTORY**

The Parish Directory is in the editing process. Here is your opportunity to sponsor the cost of printing of this helpful tool for us to grow closer together!

Do you own a business you want to promote?

Do you want to send prayers for good health or in memory of someone?

There are 1/8, 1/4, and half page slots available. This directory will be in people's hands for many years !!

See Soraya or Anastasia if you'd like a message included in the directory or if you haven't had your picture taken yet.

Thanks for your support !

### **VESPERS & VISIT WITH FR. CHRIS SHADID, AV CAMP DIRECTOR -**

#### **September 15 in Norwood**

Fr. Chris Shadid is coming to town!! Sunday September 15 at St. George in Norwood, MA. 5:00pm camp vespers followed by pizza and fellowship! All are welcome, campers, staff, alumni, volunteers, or anyone wanting to know more about the Village! See you all soon!

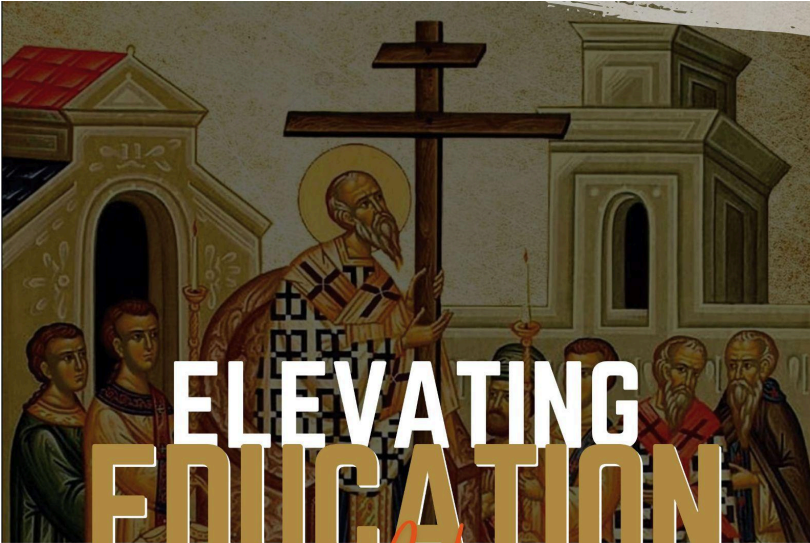
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**ELEVATING EDUCATION WORKSHOP - for Church School Teachers & Directors: September 14 at St. George, Worcester**

Join us for the "Elevating Education: Fellowship and Skills Workshop." This one-day event will begin with 9am Orthros and 10am Hierarchical Divine Liturgy followed by lunch and breakout sessions designed to provide valuable skills and resources for your Sunday school classroom. Come together with fellow educators to deepen your faith and enhance your teaching. Register here:

[https://docs.google.com/forms/d/e/1FAIpQLScyk-UUKTu6Jd7Abkzil\\_e1h5ZJeb1QXF3A8\\_fBMRiPf9ygyg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScyk-UUKTu6Jd7Abkzil_e1h5ZJeb1QXF3A8_fBMRiPf9ygyg/viewform)



# ELEVATING EDUCATION

*workshop*

**FOR DOWNE CHURCH SCHOOL TEACHERS & DIRECTORS**

**14**

SEPTEMBER  
2024

**ST GEORGE ORTHODOX CATHEDRAL  
30 ANNA STREET, WORCESTER MA**

Join us for the "Elevating Education: Fellowship and Skills Workshop." This one-day event will begin with 9am Orthros and 10am Hierarchical Divine Liturgy followed by lunch and breakout sessions designed to provide valuable skills and resources for your Sunday school classroom. Come together with fellow educators to deepen your faith and enhance your teaching.

**REGISTER NOW >**



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## **SAVE THE DATE**

On **Sunday, November 3rd**, Bishop John will be visiting us for Hierarchical Divine Liturgy in celebration of our Feast Day and our Thirtieth Anniversary! We are planning a special luncheon in our hall to welcome Bishop John and celebrate our special day.

We have a menu planned and some cooks have already volunteered to prepare their specialties. We still need volunteers to prepare additional salads and desserts, and to set up, serve the meal and clean up. Please see Kh Valerie on how you can help. If you would like to become a sponsor, please mark "30th Anniversary" in the memo section of your check.

Thank you for all your continued support. We could not be at this milestone without the community's support.

Let's all come together to celebrate with Bishop John!

## **CHURCH HISTORY UPDATE**

Now that we have a brief history of St. Michael that will be published soon in our new directory, we have started the process of writing a more detailed history. Several parish members and friends of St. Michael have already begun writing! If you would like to write a memory to be included in our history, please join us! If you have any questions, please see Kh. Valerie

## **Save the Date!**

- September 8: Parish Cookout hosted by Parish Council
  - September 14: Parish Clean Up day after Liturgy for Feast of the Elevation of the Cross
  - September 14: Christian Education Workshop @ St. George, Worcester
  - September 15: Vespers & Visit with Fr. Chris Shadid, AV Camp Director in Norwood
  - **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
  - July 20-27, 2025: Antiochian Orthodox Archdiocese Convention, Chicago
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## THE SYNAXARION

On September 8 in the Holy Orthodox Church, we celebrate the Nativity of our Most-holy Lady, the Theotokos and Ever-virgin Mary.

### **Verses**

*Truly, O Anna, thou surpassest all mothers,  
Until that day thy daughter shall become a mother.  
On the eighth Anna brought God's Mother into the light.*

The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and All-seeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity.

Through the intercessions of Thy Mother, O Christ God, have mercy upon us. Amen.

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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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