
St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

(508) 420-1113, www.stmichaelcapecod.org,

e-mail: stmichael@stmichaelcapecod.org



Sunday, September 22, 2024

Tone 4 / Eothinon 2

**Thirteenth Sunday after Pentecost
& First Sunday of Luke**

Hieromartyr Phocas, bishop of Sinope;

Apostle Quadratos of the Seventy;

Martyr Phocas the Gardener

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 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 FOR ST. PHOCAS OF SINOPE IN TONE FOUR: By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Phocas. Entreat the Lord our God to save 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.

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

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:

- **Sunday, September 21**
 - NO Vespers at St. Michael. All are invited to Vespers at St. George in West Roxbury at 5 PM with Metropolitan ANTONIOS of Zahle. A community dinner to follow to which all are invited, free of charge.
- **Sunday, September 22**
 - 9:00 AM Orthros / Church School & Bible Study for Kids
 - 10:00 AM Divine Liturgy
 - St. Martha & St. Mary Sisterhood Meeting
- **Saturday, September 28**
 - 5:00 PM Vespers
 - SOYO Service Project
- **Sunday, September 29**
 - 9:00 AM Orthros / Church School & Bible Study for Kids
 - 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!

THE EPISTLE

(For the Thirteenth Sunday after Pentecost)

O Lord, how marvelous are Thy works.

In wisdom hast Thou made them all.

Bless the Lord, O my soul!

The Reading from the First Epistle of St. Paul to the Corinthians. (16:13-24)

Brethren, be watchful, stand firm in your faith, be courageous, and be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and laborer. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If anyone has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen.

GOSPEL

(For the First Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (5:1-11)

At that time, Jesus was standing by the lake of Gennesaret. And He saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And He sat down and taught the people from the boat. And when Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at Thy word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter

saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish, which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.



ST. MICHAEL HAPPENINGS

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

SOYO SERVICE PROJECT

The first St. Michael's SOYO service project of the year will be making soup for Faith Family Kitchen on September 28th after Vespers. Please join us for prayer, service and fellowship. All youth are welcome, and there will be plenty of work for everyone! Please contact Ned Chatelain with any questions.

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 $\frac{1}{8}$ page - \$50, $\frac{1}{4}$ page - \$100, and $\frac{1}{2}$ page - \$200 slots available. This directory will be in people's hands for many years!!

Deadline for sponsors is September 30.

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!

SAVE THE DATE

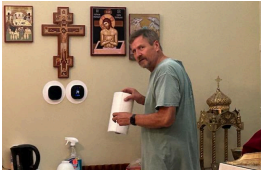
On **Sunday, November 3rd**, Bishop John will be visiting us for Hierarchical Divine Liturgy in celebration of our Feast Day and our Thirtieth Anniversary! We are planning a special luncheon in our hall to welcome Bishop John and celebrate our special day.

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!

THANKS TO ALL HOW HELPED CLEAN UP THE CHURCH AND YARD!



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

THE SYNAXARION

On September 22 in the Holy Orthodox Church, we commemorate the Holy Hieromartyr Phocas, bishop and wonderworker of Sinope, who was perfected in martyrdom by being terribly burned in a bath-house in the reign of Trajan.

Verses

O Phocas, receive thou the all-cleansing laver, for it is laver of contest, not of washing. On the twenty-second the bath received Phocas within.

As bishop in his birthplace, the town of Sinope on the Black Sea, Phocas strengthened the faith of the true believers and converted many idol-worshippers to the true Faith. This enraged the hardhearted pagans. In a vision from the Lord, Phocas saw a white dove fly down from heaven carrying a wreath of flowers in its beak, and lowered it onto his head. And Phocas heard a voice, saying: "Your cup is full and you should drink it!" With gratitude toward God he prepared himself for suffering. The torturers beat and wounded his whole body, and then threw Phocas into boiling water. Phocas entered into the joy of his Lord in 102. His companion, the Martyr Phocas the Gardener, whom we also commemorate today, suffered for Christ on this day in 120.

On this day, we also commemorate the Apostle Quadratos of Magnesia of the Seventy. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.

Save the Date!

- September 28, 2024: Diocese Antiochian Women Meeting @ St. George, West Roxbury
- October 11-13: St. George West Roxbury Middle Eastern Festival & Bazaar
- October 11-12: Feed My Starving Children @ St George, Worcester
- November 1-2: Authentic Middle Eastern Bazaar @ St. John of Damascus, Dedham
- **November 3: Bishop John visiting us for the Feast of St. Michael and our Anniversary Luncheon**

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.

Fr. James is available for confession by appointment.
