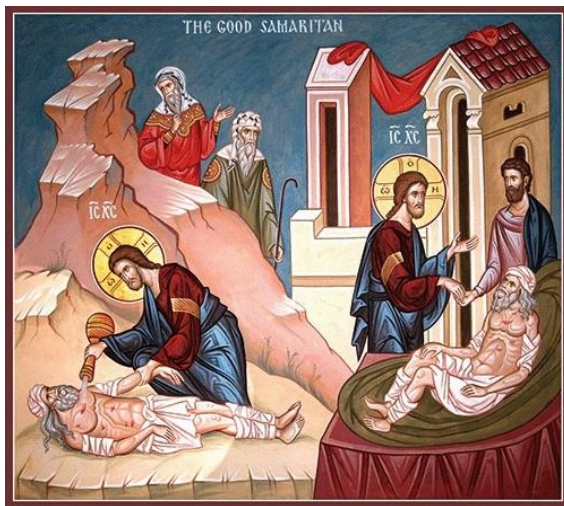

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, November 10, 2024

Tone 3 / Eothinon 9;

**Twentieth Sunday after Pentecost
& Eighth Sunday of Luke**

**Apostles Olympas, Rodion, Sosipater, Tertios, Erastos and
Quartos of the Seventy;
Great-martyr Orestes of Cappadocia**

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 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 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 ENTRANCE OF THE THEOTOKOS IN TONE FOUR: The sacred treasury of God's holy glory, the greatly precious bridal chamber and Virgin, the Savior's most pure temple, free of stain and undefiled, into the House of the Lord on this day is brought forward and bringeth with herself the grace of the Most Divine Spirit; her do God's Angels hymn with songs of praise, for she is truly the heavenly tabernacle.

TRISAGION PRAYER

English: Holy God, Holy Mighty, Holy Immortal, have Mercy on us

Arabic: Qudoos El Laah, Quodoos 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:

- **Saturday, November 9**
 - 5:00 PM Vespers
- **Sunday, November 10**
 - 9:00 AM Orthros / Church School (kids 4-9 years) & Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Women's Group Bake Sale
 - Choir Rehearsal
- **Sunday, November 17**
 - 9:00 AM Orthros / Church School (kids 4-9 years) & Bible Study (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!

THE EPISTLE

(For the Twentieth Sunday after Pentecost)

O chant unto our God, chant ye. Clap your hands, all ye nations.

The Reading from the Epistle of St. Paul to the Galatians. (1:11-19)

Brethren, I would have you know that the Gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the Church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people; so extremely zealous was I for the traditions of my fathers. But when He Who had set me apart before I was born, and had called me through His grace, was pleased to reveal His Son to me, in order that I might preach Him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were Apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other Apostles except James the Lord's brother.

GOSPEL

(For the Eighth Sunday of Luke)

The Reading is from the Holy Gospel according to St. Luke. (10:25-37)

At that time, a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" Jesus said to him, "What is written in the Law? How do you read?" And the lawyer answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And Jesus said to him, "You have answered right; do this, and you will live." But the lawyer, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him

and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" The lawyer said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

FEAST DAY & ANNIVERSARY THANK YOU

Thank you to everyone who helped make such a successful day with Bishop John. From the chanters and choir, to the flowers and luncheon, everything was done with care and love. Bishop John was very pleased and enjoyed being with us and we loved having him.





ST. MICHAEL HAPPENINGS

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

PARISH DIRECTORY

Our Parish Directory is completed and available for pick up at the Teen SOYO case. Please take only one directory per family. Our thanks go to all who worked on the Directory Committee, especially Soraya and Anastasia.

BAKE SALE - SUNDAY, NOVEMBER 10

The Sisterhood will have a bake sale this Sunday, the last Sunday before the Nativity Fast. Please, bake or buy something to support the Sisterhood. Thank you!

10 THANKSGIVING MEALS FOR INDEPENDENCE HOUSE

A Sign-Up request has been sent out via email to parish members and friends to help provide Thanksgiving Meals to Independence House in Hyannis, which provides services to battered women and their children.

- Please register to pick up a few items the next time you are at the grocery store.
- Please consider donating your time to help package the items on Sun, Nov 24 and to help with delivery on Mon, Nov 25.
- If can't shop for any of the items, please consider donating funds to help us with the purchase of food to supplement what is being generously donated.

The sign-up request covers all these requests. If you don't have access to a computer, please reach out to the Outreach committee to let us know how you can help: Michelle, Olga and Emma.

If you didn't receive the Sign-up request in your email, please see Soraya so your name can be added to our distribution list.

Thank you for your support of St. Michael outreach and its programs.

JOIN US FOR ST. MICHAEL CLEAN UP DAY!

On Saturday, November 23 at 2 PM we will all come together to clean and decorate the church for the Nativity. Vespers to follow.

RAFFLE FOR TWO FOOTBALL TICKETS PATRIOTS vs. COLTS, DEC 1st 2024

Buy a raffle ticket for \$10 (3 for \$25) for a chance to win two tickets to see the N.E.Patriots vs.the Colts at Gillette Stadium on 12/1/24.

DOWNE SOYO ADVENT RETREAT, November 16th @ 5PM at the Chancery in Westborough



ADVENT
Retreat

DINNER - JEOPARDY - FELLOWSHIP

5:00 PM -8:30 PM	The Chancery
NOV 16	2 LYDIA'S PATH WESTBOROUGH MA

WITH BISHOP JOHN AND THE ORTHODOX
VOLUNTEER CORPS

Save the Date!

- **November 10: Women's Group Bake Sale**
 - **November 23, from 2 PM: St. Michael Clean Up Day**
 - January 25: Diocese Ladies Meeting at St Mary's, Pawtucket
 - March 3: Great Lent begins
 - April 13: Palm Sunday
 - April 20: PASCHA
 - June 20 - 21: PLC
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THE SYNAXARION

On November 10 in the Holy Orthodox Church, we commemorate the holy Apostles Olympas, Rodion, Sosipater, Tertios, Erastos and Quartos of the Seventy.

Verses

*With words I hymn six disciples of the Word and Wisdom,
Who with their words delivered mortals from want of wisdom.
On the tenth the six Apostles passed from this life.*

Olympas and Herodion were followers of the Apostle Peter and when Peter suffered, they were beheaded by the command of Emperor Nero. Erastus had been the steward of the church in Jerusalem, and later became Bishop of Paneas in Palestine. Quartos was the first Bishop of the Apostolic See of Beirut. He suffered greatly, but converted many to the Christian Faith. Sosipater was the bishop in Iconium and Tertios was the second bishop in that city. They waged spiritual warfare and, as victors, received heavenly wreaths of glory.

On this day, we also commemorate the Great-martyr Orestes of Tyana in Cappadocia. He was a Christian from birth and a physician by profession. He was harshly tortured by a certain wicked eparch Maximus during the reign of Diocletian. When Maximus advised him to deny Christ and worship idols, Orestes replied: "If you knew the power of the Crucified One, you would reject idolatrous falsehoods and worship the true God. I am prepared to endure every pain, having the sign of my Lord Jesus Christ inscribed on my heart." A man bright as the sun appeared, gathered Orestes' relics, and honorably buried them on a hill near Tyana. This wonderful saint appeared to St. Dimitri of Rostov and showed him all the wounds on his body.

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

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.

NATIVITY FAST

November 15 is the beginning of the Nativity Fast, one of the four Canonical Fasting Seasons in the Church year. This is a joyous fast in anticipation of the Nativity of Christ. In the weeks between November 15 and December 25 we prepare to celebrate the birth of our Lord Jesus Christ in the flesh.

This Fast is divided into two periods:

(1) November 15th through December 19th when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine, and olive oil) is observed on Mondays, Wednesdays and Fridays, with allowance for wine and olive oil on Tuesdays and Thursdays, and for fish, wine, and olive oil on Saturdays and Sundays.

(2) the period of the Forefeast, December 20th through 24th, when the traditional fasting discipline is observed Monday through Friday, with allowance for wine and olive oil on Saturday and Sunday.

Many will add some small changes to their daily routine to draw close to Christ:

1. To read the New Testament from Nov 15-Dec 25 (Find the chart below)
2. To quit all social media and not watch TV shows or movies
3. To go for a daily "Jesus Prayer" walk

New Testament Challenge

It's simple! Beginning November 15 one follows this outline to complete the New Testament on Christmas Day.

1. Matthew 1-7
 2. Matthew 8-12
 3. Matthew 13-18
 4. Matthew 19-24
 5. Matthew 25-28
 6. Mark 1-4
 7. Mark 5-8
 8. Mark 9-12
 9. Mark 13-16
 10. Luke 1-3
 11. Luke 4-7
 12. Luke 8-11
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13. Luke 12-16
 14. Luke 17-21
 15. Luke 22-24
 16. John 1-5
 17. John 6-10
 18. John 11-16
 19. John 17-21
 20. Acts 1-6
 21. Acts 7-10
 22. Acts 11-16
 23. Acts 17-22
 24. Acts 23-28
 25. Romans 1-8
 26. Romans 9-16
 27. 1 Corinthians 1-9
 28. 1 Corinthians 10-16
 29. 2 Corinthians 1-13
 30. Galatians - Ephesians
 31. Philippians - Colossians
 32. 1-2 Thessalonians
 33. 1 -2 Timothy
 34. Titus - Philemon
 35. Hebrews 1-10
 36. Hebrews 11-13 & James
 37. 1- 2 Peter
 38. 1 John - 3 John
 39. Revelation 1-11
 40. Revelation 12-22
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