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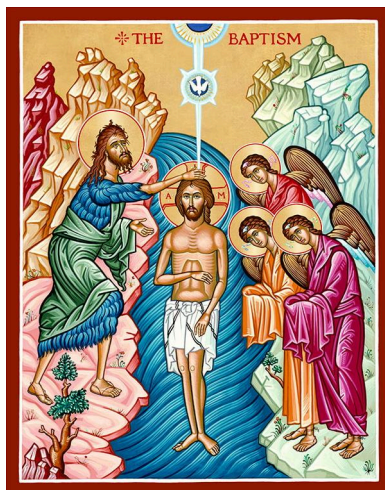
## **St. Michael the Archangel Antiochian Orthodox Church**

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, January 5, 2025**

**Tone 3 / Eothinon 6**

**Paramon (Eve) of &**

**Sunday before Theophany of Christ**

**Martyrs Theopemptos the bishop of Nicomedia and**

**Theonas the former magician;**

**Venerable Syncletica of Alexandria;**

**Venerable-martyr Romanos of Athos**

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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 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 FOR THE PARAMON (EVE) OF THEOPHANY IN TONE FOUR: River Jordan was turned back by Elisseus' mantle once, \* when the fiery man of zeal Elias had been taken up; \* then were its waters divided hither and thither. \* The running streams became dry passage unto him, \* truly as a sign and type of Baptism, \* whereby we pass to the other side of \* the shifting stream of this fleeting life. \* Christ hath appeared in the Jordan River, to sanctify the waters.

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 FOREFEAST OF THEOPHANY IN TONE FOUR: In the running waters of the Jordan River, on this day the Lord of all crieth to John: Be not afraid and hesitate not to baptize Me, for I am come to save Adam, the first-formed man.

### 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:**

- **Friday, January 3**
  - 9:30 AM Baptism
- **Saturday, January 4**
  - 5:00 PM Vespers
- **Sunday, January 5**
  - 9:00 AM Orthros / Church School (kids 4-9 years) & Bible Study (kids 10+)
  - 10:00 AM Divine Liturgy
  - **Blessing of Waters**
  - Teen SOYO Meeting
  - Outreach Meeting
  - Trip to the Icon Museum and Study Center in Clinton, MA
- **Saturday, January 11**
  - 5:00 PM Vespers
- **Sunday, January 12**
  - 9:00 AM Orthros / Church School (kids 4-9 years) & Bible Study (kids 10+)
  - 10:00 AM Divine Liturgy
  - Choir Rehearsal
  - 2:30 PM **Blessing of the Waters Outside-Cape Cod Canal @ 12 Freezer Rd, Sandwich, MA**

**\*\*\*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 Theophany of Christ)

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

*Unto Thee, O Lord, will I cry, O my God.*

### **The Reading from the Second Epistle of St. Paul to St. Timothy. (4:5-8)**

My child Timothy, be watchful in all things, suffer hardship, do the work of an evangelist, fulfill your ministry. For, I am already being poured out as a libation, and the season of my departure is at hand. I have fought the good fight, I have finished the course, and I have guarded the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will reward me at that day, and not to me only, but also to all those who have loved His appearing.

## GOSPEL

(For the Sunday before the Theophany of Christ)

### **The Reading from the Holy Gospel according to St. Matthew. (2:13-23)**

The beginning of the Gospel of Jesus Christ, the Son of God. As it is written in Isaiah the prophet, "Behold, I send my messenger before thy face, who shall prepare thy way; the voice of one crying in the wilderness: Prepare the way of the Lord, make his paths straight." John the Baptizer appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins. And there went out to him all the country of Judea, and all the people of Jerusalem; and they were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, and had a leather girdle around his waist, and ate locusts and wild honey. And he preached, saying, "After me comes He Who is mightier than I, the strap of Whose sandals I am not worthy to stoop down and untie. I have baptized you with water; but He will baptize you with the Holy Spirit."

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## ST. MICHAEL HAPPENINGS

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

### MEDICATION AND FASTING

Orthodox Christians fast from food and drink from midnight the night before receiving Holy Communion. There are some exceptions. In regard to health: Fasting should not be detrimental to one's health. For example, if you need to take medicine in the morning, you can take it with food.

**NEXT SOYO EVENT:** Trip to the Icon Museum and Study Center in Clinton, MA after church on 1/5. All ages are welcome, we will be back on Cape approximately 5:00 PM. Please let Ned know if you are able to come so we can arrange enough drivers. It should be a great trip!

**2025 CALENDARS:** Once again St Michael church has purchased calendars displaying beautiful icons. These calendars help us to know when to fast, the readings for services, Saints of the day and feast day information. Please pick up a calendar for your home or work, and leave a donation to help offset the cost. If you or you know someone that would like to sponsor the calendars for 2026 let Fr. James or Soraya know.



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**DIOCESE SUMMER CAMP ST. JOSEPH OF DAMASCUS: taking place August 10-16, 2025 in Lenox, MA: Registration opened on Jan 2.** Camp St. Joseph of Damascus is open to all youth in the Diocese of Worcester and New England, ages 9-17. Tuition will be \$575 per camper. More information at [www.campstjoseph.org](http://www.campstjoseph.org)



DIOCESE OF WORCESTER & NEW ENGLAND

## CAMP SAINT JOSEPH OF DAMASCUS

*Registration Open*  
**January 2nd**

AGES: 9-17

AUG 11-16

LENOX, MA



SCAN HERE



INSTAGRAM:  
@CAMPSTJOSEPH

[WWW.CAMPSTJOSEPH.ORG](http://WWW.CAMPSTJOSEPH.ORG)

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# Great Blessing of the Waters



**Sunday, January 12, 2025 2:30 PM**

**Sandwich Recreational Area  
12 Freezer Rd, Sandwich**

## Come together in faith for the Pan Orthodox Outdoor Blessing of Cape Cod Canal Waters

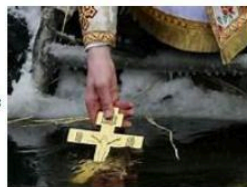


**Celebrate the feast of Theophany with:**

**St. George of Centerville**

**St. Michael the Archangel in Cotuit**

**St. Mark of Ephesus in Kingston**



### Save the Date!

- **Jan 12 at 2:30 pm: Blessing of the Waters outside-Cape Cod Canal**
  - January 19: St. Martha & St. Mary Sisterhood Meeting
  - February 1: Mini Retreat @ St. Mary's Church Hall, Cambridge MA
  - March 3: Great Lent begins
  - March 22: Diocese Family Day
  - April 13: Palm Sunday
  - April 20: PASCHA
  - June 20 - 21: PLC
  - August 10-16: Diocese Summer Camp
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## THE SYNAXARION

Today in the Holy Orthodox Church is the Paramon (Eve) of the Theophany (Epiphany) of our Lord, God and Savior Jesus Christ. On January 5, we commemorate the holy Martyrs Theopemptos, bishop of Nicomedia, and Theonas the former magician.

### **Verses**

*That Theopemptos might die, let him say: Contesting, I die, my head by the sword severed. Martyr Theonas cried out with the Psalter:*

*They laid me in the lowest pit, as saith David.*

*On the fifth, Theopemptos left life with a sword's help.*

Theopemptos was among the first to suffer martyrdom under Emperor Diocletian, who threatened Theopemptos with death if he did not deny Christ. The courageous bishop responded to the emperor: "It stands written, 'Do not be afraid of those who kill the body' (Luke 12:4), 'but cannot kill the soul' (Matthew 10:28)." Theopemptos suffered from hunger and was tortured in various ways. Finally, the emperor summoned the magician Theonas to outwit this Godly man through magic. Theonas dissolved the most potent poison in water and gave it to Theopemptos to drink. Theopemptos traced the sign of the cross over the glass and drank the poison. Theonas, upon seeing that the poison had no effect on Theopemptos, turned to the emperor and shouted, "I, too, am a Christian and bow down before the Crucified One." Theopemptos died by the sword, and Theonas was buried alive. Both entered the Kingdom in 298.

On this day, we also commemorate Venerable Syncretica of Alexandria and Venerable martyr Romanos of Athos. By the intercessions of Thy saints, 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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