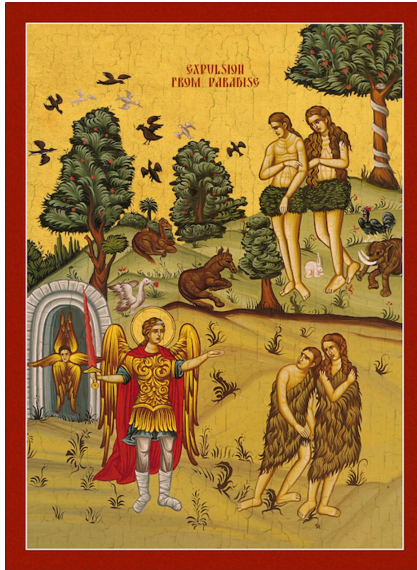

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 02, 2025

Tone 3 / Eothinon 3

Sunday of Forgiveness (Cheese Fare)

Martyr Hesychios the Senator;

Theodotos, bishop of Cyrene in Cyprus;

Virgin-martyr Euthalia of Sicily

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 FOR FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

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:

- **Saturday, March 1**
 - 5:00 PM Vespers
- **Sunday, March 2**
 - 9:00 AM Orthros / Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Church School for kids 3-10 years old
 - Forgiveness Vespers
 - Teen SOYO Meeting
 - Outreach Meeting
- **Wednesday, March 5**
 - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 7**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 8**
 - 9:00 AM Divine Liturgy for the Miracle of the Koliva
- **Sunday, March 9**
 - 9:00 AM Orthros / Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy with the Procession of Icons
 - Church School for kids 3-10 years old
 - Choir Rehearsal

PASCHA CARD ORDER FORM

Women's Group mailed out the Pascha Card order form. If you would like your name on St. Michael Pascha Card, please fill out the form and return it by **April 13, 2024**. Proceeds of this year's Pascha card will be going to cover costs for AED defibrillator installed by the elevator in the bookstore.

*****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 Sunday of Forgiveness)

Sing praises to our God, sing praises. Clap your hands, all ye nations.

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



ST. MICHAEL HAPPENINGS

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

SOUP FOR THE SOUL - GREAT LENT 2025:

The Soup Chefs of St. Michael are planning another Lenten Season offering of Soup for the Soul. Starting March 5th, we will be offering soups for sale which can be picked up after Liturgy of the Presanctified Gifts on Wednesdays or on Sundays after Divine Liturgy throughout Lent. Cost for the soup will be \$10 per quart and proceeds will be donated to St. Michael's general operating fund.

As in past years, to give our chefs an idea of how much soup to make, we will take orders on Sundays prior, starting this coming Sunday, March 2. Our first soup will be Escarole Bean Soup made by Rick Bardine. If you would like to make soup please contact Rick rsbboston@yahoo.com.

We hope you will join us in this delicious and nutritious Lenten offering!

SOYO PROJECT: Do you have a favorite book about Orthodoxy? This month's SOYO project is to spread the Gospel by donating books about the faith to local libraries.

We are looking for suggestions for books you have found inspiring, educational, or helpful in your journey as an Orthodox Christian. Please reach out to one of the teens to let them know your suggestion. If you are interested in helping to defray the cost of the books please also let us know.



Antiochian Orthodox
Diocese of New England

LENTEN RETREAT & FAMILY DAY

- + Healthy Person
- + Healthy Family
- + Healthy Church

Friday, March 21st
Saint George, Norwood
6:00 - Akathist & Talk for Teens / Young Adults

Saturday, March 22nd
Saint John of Damascus, Dedham
9:00 am - Divine Liturgy
Breakfast & First Session
Family Day activities
Lunch, Second Session, Q & A
Great Vespers



Retreat Speaker:
Michelle Moujaes
Founder and Executive
Director of Faithtree
Resources

Advance Registration Required



<https://downe25.eventbrite.com>
Friday Night - Free
Saturday: Adults - \$30 / Children - Free
Questions: Contact Kh. Erin Kimmelt

Sponsored by the
Diocesan Council
& Antiochian Women

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: 043/2025

February 12, 2025

**TO BE PUBLISHED IN THE CHURCH BULLETIN AND DISTRIBUTED TO ALL
PARISHIONERS**

Beloved Hierarchs, Reverend Clergy, Archdiocesan Trustees, Department Heads, Organization Presidents, Parish Councils and Faithful of this God-protected Archdiocese:

We pray this letter finds you well as we send you this official Call to the 57th Biennial Archdiocesan Convention. We would like to direct your attention to the following matters:

- The Fifty-Seventh Convention of this Archdiocese will be held at the Hyatt Regency O'Hare, Rosemont, Illinois from July 20 – 27, 2025. The host parish of St. George Church, Cicero, IL is working diligently to welcome us all to Chicago. All information about the convention can be accessed through the official convention website: <https://www.ac2025chicago.org> and through the enclosed flyer which includes important information as well. You are required to send delegates from your parish and Parish Council to attend the departmental meetings and to vote on your behalf at the General Assembly.
- All Reverend Clergy must be in Chicago no later than Monday evening July 21, 2025. The General Assembly of the Order of St. Ignatius of Antioch will be held in the morning on Tuesday, July 22nd and all members of the Order are encouraged to attend. The Department Heads and members of each department must be in Chicago by Wednesday, July 23rd, unless you have scheduled a meeting for your department and need to arrive earlier.
- The Archdiocesan Constitution specifies that each parish and mission is entitled to one voting delegate for every one hundred (100) baptized souls or fraction of one hundred which exceeds fifty (50). In addition, each fulltime pastor, and fulltime assistant pastor is eligible to one vote. You will receive, after Pascha, the proxy form and Delegate List electronically from the Department of Statistics and Credentials by email, which requests that you identify your delegates by name, and submit the form electronically no later than July 1, 2025. The voting Forms will be distributed to pastors on Tuesday, July 22nd at 10:00am in the same room as the clergy meeting. Clergy who are not present during the meeting or who “forget” to pick up the voting form will **not have the possibility** to do so **later on**.

“The disciples were first called Christians in Antioch” (Acts 11: 26)

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- Your financial obligation to the Archdiocese under the Proportional Giving System for 2025 has already been established based on the forms and worksheets that you have submitted. In addition, every parish is expected to contribute according to the minimum requirements for the three special trays, which are collected throughout the year. All parishes are strongly encouraged to make sure that your payments are up to date so that your delegation may be properly seated and allowed to vote at the General Assembly which begins on Thursday morning, July 24th. Parishes who did not submit census numbers will not be able to vote.
 - It is the sacred duty of all clergy and parish councils to attend the convention. It is also the sacred duty of every parish to pay their pastor's expenses so that he may attend both the diocesan Parish Life Conference, and the Archdiocese Convention. For missions who may not be able to afford these expenses, the Order of St. Ignatius can accept an application which requests some financial assistance for the pastor to attend these events.
 - It is the policy of this Archdiocese that no resolutions may be accepted from the floor of the General Assembly. If you would like to introduce a resolution, please submit the written resolution to the Archdiocese Office in Englewood, NJ no later than June 10, 2025
 - A very important part of every convention is the Convention Journal, which depends heavily on support from every community in the Archdiocese. We strongly encourage you to contribute to this journal by purchasing an ad, and that this be done without any further delay.
 - The theme of this year's convention is "***Behold the maidservant of the Lord! Let it be to me according to your word***". Homilies at the divine services will be based on this theme and we urge everyone to be in Chicago to hear these inspirational words and to prepare to work together for a very bright future.

Looking forward to seeing you in Chicago, we remain,

Yours in the Service of Christ,



+SABA

Archbishop of New York and Metropolitan of All North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

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THE SYNAXARION

On March 2 in the Holy Orthodox Church, we commemorate Martyr Hesychios the Senator; Theodotos, bishop of Cyrene in Cyprus; and Virgin-martyr Euthalia of Sicily. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;

As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

Save the Date!

- March 3: Great Lent begins
- March 22: Diocese Lenten Retreat & Family Day @ St. John's
- April 13: Palm Sunday
- April 20: PASCHA
- June 20-21: Tentative Dates for Diocese PLC
- July 20-27: Archdiocese Convention, Chicago, IL
- August 10-16: Diocese Summer Camp

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.
