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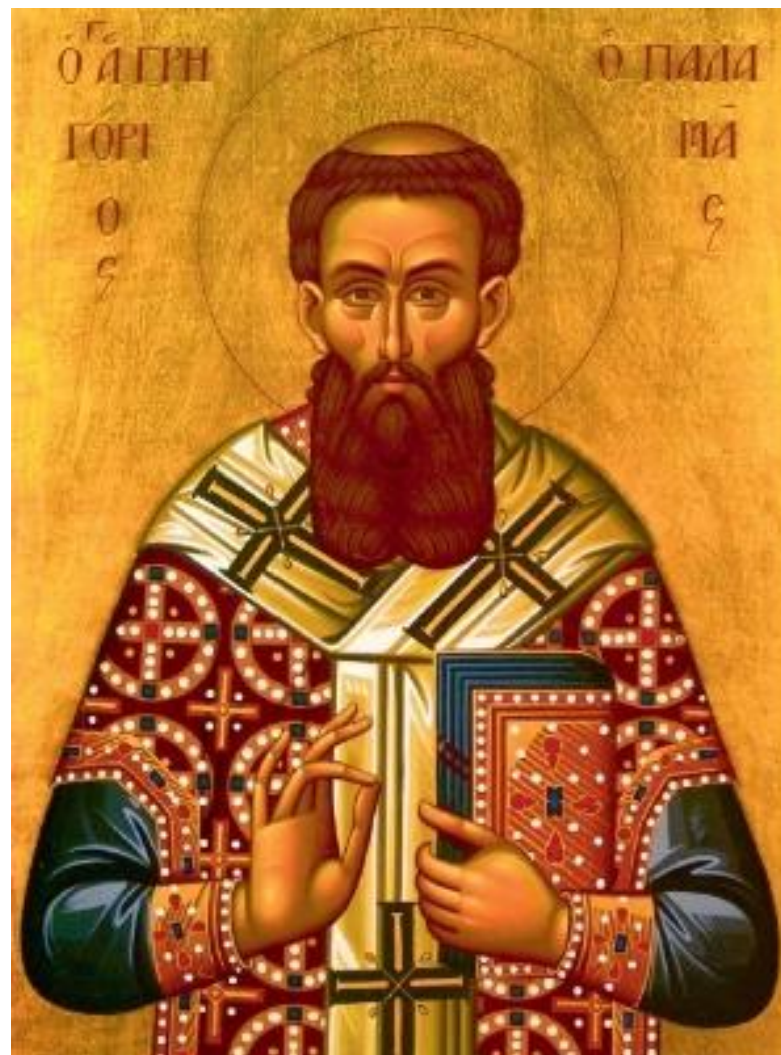
## ***St. Michael the Archangel Antiochian Orthodox Church***

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, March 16, 2025**

**Tone 5 / Eothinon 5**

**Second Sunday of Great Lent**

**Commemoration of Gregory Palamas,**

**archbishop of Thessalonica**

**Martyr Sabinos of Egypt;**

**Venerable Christodoulos the wonderworker of Patmos**

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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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT: O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of 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.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

### 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

ST. BASIL LITURGY MEGALYNARION: All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

**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**

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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:**

- **Wednesday, March 12**
  - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 14**
  - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 15**
  - 5:00 PM Vespers
- **Sunday, March 16**
  - 9:00 AM Orthros / Bible Study (kids 10+)
  - 10:00 AM Divine Liturgy
  - Church School for kids 3-10 years old
  - St. Martha & St. Mary Sisterhood Meeting
- **Wednesday, March 19**
  - 5:00 PM Pan-Orthodox Presanctified Liturgy
  - Presentation by Fr. Kevin Kalish (OCA)
- **Sunday, March 23**
  - 9:00 AM Orthros / Bible Study (kids 10+)
  - 10:00 AM Divine Liturgy
  - Church School for kids 3-10 years old
  - Choir Rehearsal
- **Tuesday, March 25**
  - 5:00 PM Vespersal Liturgy for the Annunciation

**\*\*\*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

*Thou, O Lord, shalt preserve us and keep us from this generation.*

*Save me, O Lord, for the godly man hath disappeared.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

## THE GOSPEL

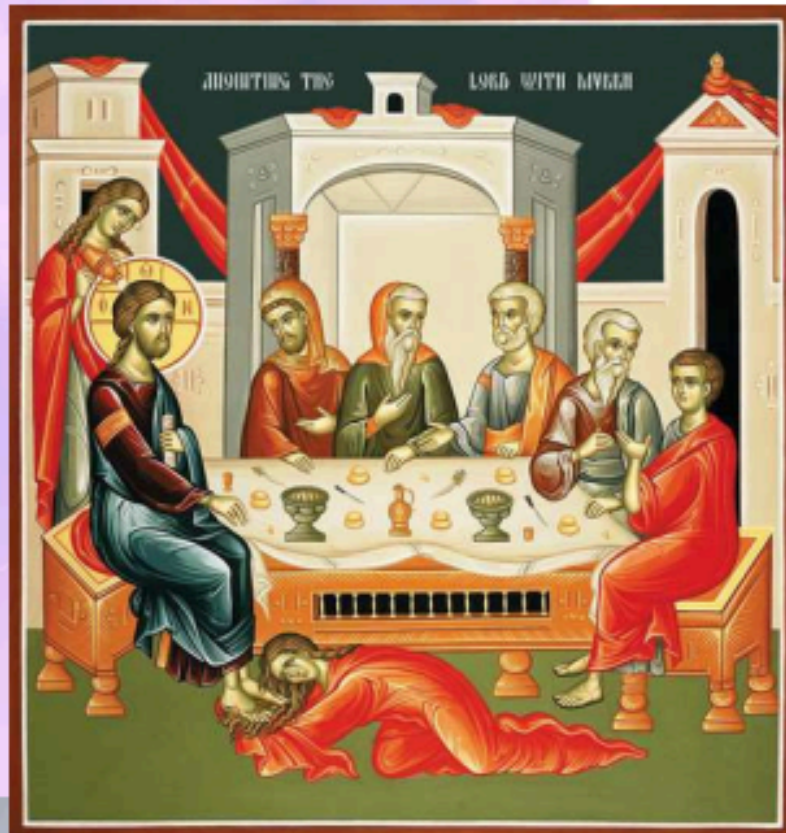
### **The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins”

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– He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

## Pan-Orthodox Presanctified Liturgy



**Presentation following by Fr. Kevin Kalish (OCA)**

**On “The Sinful Woman”**

**(Luke 7:36-50)**

**Celebrant**

**Fr. James Irving (AOC)**

**Visiting Priests**

**Fr. Kevin Kalish (OCA)**

**Fr. Timothy Curren (GOA)**

**Wednesday, March 19, 2025 5:00 PM**

**St. Michael Church, 62 Main St, Cotuit MA**

**Lenten Refreshments to Follow**



## ST. MICHAEL HAPPENINGS

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

**VOLUNTEERS WANTED** to visit members of the parish who are unable to make it to church or are not able to come often. Please prayerfully consider offering your time to visit and bring Joy to one of our St. Michael family members. If you are interested in signing up, there will be a sign up sheet at coffee hour. Let us give our time this Lent as an offering to our Lord. Please see Michelle, Soraya or Emma for more details.

### **NEW HOSPITALITY COMMITTEE**

The Parish Council has given support for St. Michaels to form a Hospitality Committee. If you would like to be a part of this new ministry, please see Father James or Stephen Winters.

### **SOUP FOR THE SOUL - GREAT LENT 2025:**

The Soup Chefs of St. Michael are having another Lenten Season offering of Soup for the Soul. Starting March 5th, we are 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. If you would like to make soup please contact Rick [rsbboston@yahoo.com](mailto: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.

**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, 2025. Proceeds of this year's Pascha card will be going to cover costs for the AED defibrillator installed by the elevator in the bookstore.

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## THE SYNAXARION

On March 16 in the Holy Orthodox Church, we commemorate the Martyr Sabinos of Egypt; and Venerable Christodoulos the wonderworker of Patmos.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

### ***Verses***

*The Spring of Light now leadeth to light unwaning  
The Light's own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a hierarch, a theologian who defeated the heretics of his era, and a miracle-worker who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

### **Save the Date!**

- March 22: Diocese Lenten Retreat & Family Day @ St. John's
- April 13: Palm Sunday
- April 20: PASCHA
- June 21: Diocese PLC at St. George, Norwood
- July 20-27: Archdiocese Convention, Chicago, IL
- August 10-16: Diocese Summer Camp

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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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