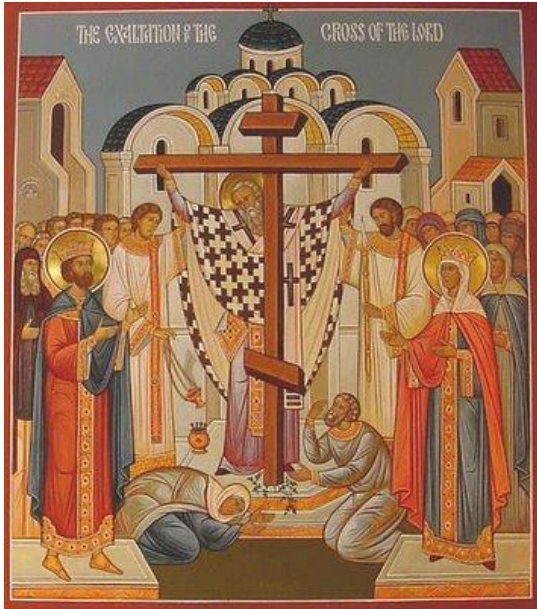

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 23, 2025

Tone 6 / Eothinon 6

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross

Venerable-martyr Nikon of Sicily and with him 199 disciples

Hierarchs and Parish Clergy:

His Eminence Metropolitan SABA (Ispere)
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 SIX: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify.

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.

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT: The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

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, March 23**
 - 9:00 AM Orthros / Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old
 - Choir Rehearsal
- **Tuesday, March 25**
 - 5:00 PM Vespersal Divine Liturgy for the Annunciation
- **Wednesday, March 26**
 - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 28**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 29**
 - 5:00 PM Vespers
- **Sunday, March 30**
 - 9:00 AM Orthros / Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old

*****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 Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



ST. MICHAEL HAPPENINGS

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

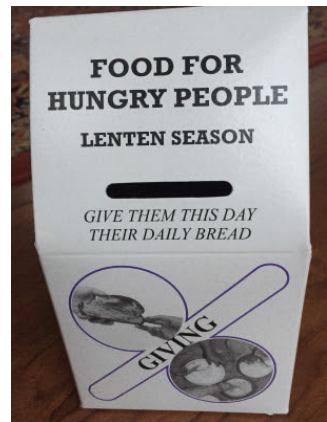
This month's SOYO fellowship activity will be bowling at Ten Pin Alley in Hyannis. Join us at 3:30 PM on 3/29 for family fun followed by Vespers at 5:00. Please let Ned know how many from your family will be attending so we can reserve lanes. Let's roll!!!

FOOD FOR HUNGRY PEOPLE (FFHP)

For more than 50 years our Archdiocese has been raising funds for the Food for Hungry and Charitable Outreach Program (FFHP) started by Metropolitan Phillip in 1974. It is the official humanitarian appeal of the Antiochian Archdiocese. Some people use jars or milk cartons to put coins into.

“Never abandon prayer, and God will not abandon you.” - St. Ignatius of Antioch

“The greatest act of love is to take care of a sick person. If you take care of him with love and patience, he is saved through you and you are saved through him.” +Elder Paisius of Sihla



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.

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.

THE SYNAXARION

On March 23 in the Holy Orthodox Church, we commemorate the Venerable-martyr Nikon of Sicily and with him 199 disciples.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

*Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen

Save the Date!

- 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

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.
