St. Michael the Archangel Antiochian Orthodox Church 62 Main Street, Cotuit, MA 02635 (508) 420-1113, www.stmichaelcapecod.org,

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Sunday, March 30, 2025 Tone 7 / Eothinon 7 Fourth Sunday of Great Lent Commemoration of John Climacus, Author of "The Ladder" New Hieromartyr Zachariah, metropolitan of Corinth; Sophronios, bishop of Irkutsk

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.

<u>RESURRECTIONAL APOLYTIKION IN TONE SEVEN</u>: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

<u>APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT</u>: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

<u>APOLYTIKION OF ST. MICHAEL THE ARCHANGEL</u>: 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.

<u>ST. BASIL LITURGY MEGALYNARION</u>: 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.

<u>The Mission of St Michael the Archangel Orthodox Church</u> 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 30
 - 9:00 AM Orthros / Bible Study (kids 10+)
 - o 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old
- Wednesday, April 2
 - o 5:00 PM Liturgy of the Presanctified Gifts
- Friday, April 4
 - o 5:00 PM Little Compline with Akathist Hymn
- Saturday, April 5
 - o Church Cleanup
 - o 5:00 PM Vespers
- Sunday, April 6
 - o 9:00 AM Orthros / Bible Study (kids 10+)
 - o 10:00 AM Divine Liturgy
 - Church School for kids 4-9 years old
 - o Teen SOYO Meeting
 - o Outreach 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

The Lord will give strength to His people. Ascribe to the Lord, O sons of God, ascribe to the Lord glory and honor.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20) Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things-in which it is impossible for God to lie-we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31) At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."



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

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

FLOWER AND DECORATION DONATIONS

To help beautify our church for the Blessed Feast of Pascha and the services during Holy Week, we are asking for donations in any amount to be used to purchase flowers etc.

There is a basket in the back of the church to place any donations. If you have any questions, please see Matushka Valerie.

CHURCH CLEANUP DAY

Please join us on Saturday April 5th for our annual Spring yard cleanup to prepare the church for Holy Week and Pascha. There are small and large projects to help with. Thank you!

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 <u>rsbboston@yahoo.com</u>.

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 30 in the Holy Orthodox Church, we commemorate the New Hieromartyr Zachariah, metropolitan of Corinth; and Sophronios, bishop of Irkutsk.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or Climacus).

Verses

John, dead in the flesh and also living, liveth eternally, even though appearing dead and without breath. Leaving letters, a ladder for the journey upwards, he showeth forth his pursuit of the journey upwards.

On the thirtieth John departed rejoicing.

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

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

Save the Date!

- April 5: Church Cleanup Day
- 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 <u>dnjamesirving@gmail.com</u>. Fr. James is available for confession by appointment.