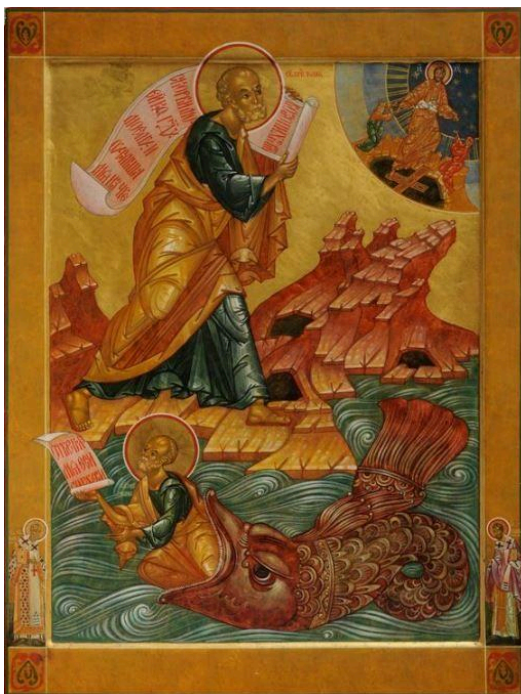

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, September 21, 2025

**Tone 6 / Eothinon 4; Leave-taking (Apodosis) of &
Sunday after the Elevation of the Holy Cross
Apostle Quadratos of the Seventy; Prophet Jonah**

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 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 OF THE ELEVATION OF 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.

KONTAKION OF THE ELEVATION OF THE HOLY CROSS IN TONE FOUR: Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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.

MEGALYNARION OF THE LEAVE-TAKING OF THE FEAST IN TONE EIGHT:

Magnify, O my soul, the Elevation of the life-giving Cross of the Lord.

Verily, death which befell the human race by eating from the tree, hath been abolished today by the Cross; for the curse of the first mother and all her descendants hath been undone by Him Who was born of the undefiled Theotokos, whom all the powers of Heaven do magnify.

KOINONIKON (COMMUNION HYMN) OF THE FEAST IN TONE EIGHT:

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:

- **Saturday, September 20**
 - 10:00 AM Church Clean Up Day
 - 5:00 PM Vespers
- **Sunday, September 21**
 - 9:00 AM Orthros
 - 10:00 AM Divine Liturgy
 - St. Martha & St. Mary Sisterhood Meeting
 - SOYO Apple Picking at Crow Farm, Sandwich
- **Saturday, September 27**
 - 5:00 PM Vespers
- **Sunday, September 28**
 - 9:00 AM Orthros
 - 10:00 AM Divine Liturgy
 - Choir Rehearsal

*****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 after the Elevation of the Holy Cross)

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

Unto Thee will I cry, O Lord my God.

The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

THE GOSPEL

(For Sunday after the Elevation of the Holy Cross)

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 of 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 He 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

SOYO

Mark your calendars for Sunday September 21st!
The first SOYO fellowship event of the year! We will go apple picking to the Crow Farm in Sandwich after church. This has been a lot of fun in past years, and everyone of all ages (even adults) is welcome!

CCLEAN UP DAY

Please consider joining us to help clean and beautify our church building and grounds. Stay for half an hour or all day - there are plenty of things to work on - small and large, sitting or active. Some examples are - the kitchen, polishing altar items, vacuuming, dusting, trimming shrubs, weeding, power washing the stairs, etc. If anyone is handy with carpentry there are some loose railings on the steps.

We will start at 10:00 - and Vespers will be at 5:00. Feel free to come at any time and stay as long as you can. Thank you!!!!

Blessing of Children, Students and Teachers



SILENT AUCTION

St. Michael is excited to offer an online auction for a beautiful hand-painted icon by Zoya Sheglov, in traditional Russian style. Please click the link for the icon and bid details. The highest bidder will be supporting St. Michael's general fund.

<https://forms.gle/MMFrDVqp5cWNdhn29>

May you always be blessed. Thank you for your generosity and your prayerful consideration on our behalf.

For questions, please contact Soraya Bandeli 617-842-8591 / sbandeli@comcast.net



RAFFLE FOR TWO FOOTBALL TICKETS

PATRIOTS VS. STEELERS

GILLETTE STADIUM

SEPTEMBER 21st 1:00 pm

Tickets
\$10 EACH
3 FOR \$25

NEW ENGLAND PATRIOTS

Steelers

PITTSBURGH STEELERS

Send checks to St. Michael
62 Main St., Cotuit MA 02635 or
Venmo to @soraya-bandeli
show Patriots Raffle in the memo
Venmo payers send an email with
your name/address/tel to
stmichael@stmichaelcpecod.org
Drawing on Sept. 7th
Proceeds Support St. Michael
Women's Group Stewardship

DOWNE SOYO
Presents +

**Fall
Retreat**

**CELEBRATION
OF SAINTS**

OCTOBER 25TH 2025

AGES: 7-17
ADMISSION: \$10

CHIPOTLE CATERING | FUN ACTIVITIES
CHURCH & COMMUNITY

REGISTRATION FORM JOIN OUR WHATSAPP!

THE SYNAXARION

On September 21 in the Holy Orthodox Church, we take leave of the celebration of the Elevation of the Holy Cross of our Lord Jesus Christ. On this day, we commemorate the holy, glorious and alllaudable Apostle Quadratos of the Seventy.

Verses

Since in no wise would he offer stones his worship,

The unwise cast stones at worshipful Quadratos.

On the twenty-first Quadratos found a crown in contests.

He preached the Gospel in Athens, and was at first bishop in Athens after St. Publius, and then in the city of Magnesia. Quadratos was considered a “morning star among the clouds,” shining forth the light of Christ to the Hellenes in the midst of their dark paganism and evil practices. But darkness always hates the light, and the pagans hated holy Quadratos. They first stoned him, and then imprisoned him, leaving him without bread until his holy soul left his body and entered into the Kingdom of Christ his God in 130. Before that, Quadratos wrote a defense of Christianity and gave it to the pagan Emperor Hadrian, who was so moved that he decreed that Christians should not be persecuted without special cause.

On this day, we also commemorate the Prophet Jonah. By the intercessions of Thy saints, O Christ God, have mercy upon us. Amen.

SAVE THE DATE!

- September 20: Church Clean Up Day
- September 21: Sisterhood Meeting
- September 21: Parish Council Meeting
- September 28: Sunday School begins
- November 15: Diocesan Choral Workshop-St. John of Damascus
- November 16: Bishop John visiting for the Feast Day of St. Michael

If you 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.
