
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 01, 2026

Tone 5 / Eothinon 5

First Sunday of Great Lent (Sunday of Orthodoxy)

Venerable-martyr Eudokia of Heliopolis;

Venerable Domnina of Syria;

Martyrs Markellos and Anthony of Pamphylia

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 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 OF THE FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 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.

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:

- **Friday, February 27**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, February 28**
 - 9:00 AM Divine Liturgy for the Miracle of the Koliva
- **Sunday, March 1**
 - 9:00 AM Orthros / 9:15 AM Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy with **Procession of Icons**
 - Church School
 - Outreach Meeting
 - Teen SOYO Meeting
- **Wednesday, March 4**
 - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 6**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 7**
 - 5:00 PM Vespers
- **Sunday, March 8**
 - 9:00 AM Orthros / 9:15 AM Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Church School
 - 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 the First Sunday of Great Lent)

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

(For the First Sunday of Great Lent)

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



ST. MICHAEL HAPPENINGS

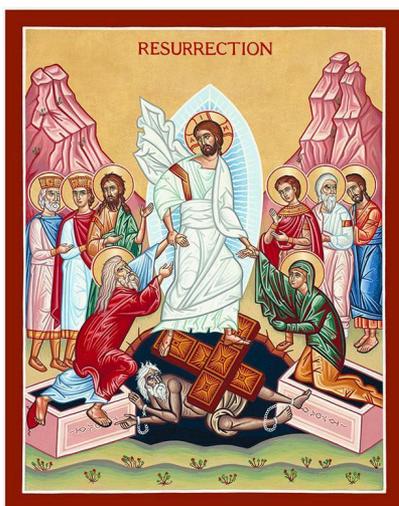
WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE
ALL FOR THE GLORY OF GOD AND HIS CHURCH

FOOD FOR THE HUNGRY

The cartons are now available at the back of the church to collect coins for this important Lenten Antiochian Archdiocese ministry that provides food for people around the globe. Parishioners save their change and bring it to church at the end of Lent.

PASCHA CARD SIGNUP

The Women's Group has mailed out the Pascha Card order form. If you would like your name on the St. Michael Pascha Card, please fill out the form and return it by April 5, 2026. A copy of the form is available to download and print at stmichaelcapecod.org



SUMMER CAMP REGISTRATION IS NOW OPEN

Registration for the second season of the Antiochian summer camp in Lenox, Massachusetts is now open. The dates are August 10 - 16.

More information and registration can be found at <https://campstjoseph/>

EASTER MEALS FOR INDEPENDENCE HOUSE

As in past years, we will be providing Easter Meals for the clients of Independence House, a battered Women's counseling center. Once we have the family count, we will send out a Sign-Up Genius to help fill the need. As Western Easter Falls on April 5, please plan to have everything you sign up for ready and at church by March 29 for delivery to Independence House.

Please stay tuned for more information. Lent is an especially heightened time for us to support and help our community.

Thank you for your support of St. Michael and its outreach projects. We will provide more information in the coming week.

Blessed Lent – may God keep you strong.

Emma & Soraya

SOUP FOR THE SOUL 2026

The Soup Chefs of St. Michael are planning another Lenten Season offering of Soup for the Soul. Starting this past Sunday, February 22nd, we started 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: \$10 per quart  Proceeds: 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.

Here is the soup schedule:

- February 25 Vegetable Minestrone by Mike Simoneau
- March 4 Romanian Bean Borscht by Soraya Bandeli (really her husband Bogdan)
- March 11 Lentil Soup by Olga DiSavino
- March 18 Vegan Taco Soup by Michelle Moeck
- March 26 Escarole & Bean Minestre by Rick Bardine (this one is on Thursday instead of Wednesday)
- April 1 Beet Borscht by Stephen Winters (no foolin' 😊)
- April 8 Any volunteers for a yummy soup to get us over the finish line?

Please contact Mike at msim429@gmail.com Text: 774-836-8479 with any questions or to place orders.

Thank you to all our soup chef volunteers and to you, our amazing parish, for supporting all their hard work for St. Michael.

THE SYNAXARION

On March 1 in the Holy Orthodox Church, we commemorate the Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria; and Martyrs Markellos and Anthony of Pamphylia.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

Verses

*I rejoice, as I see them fittingly reverence
The icons formerly unfittingly banished.*

This restoration was accomplished in the year 843. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen

SAVE THE DATE

- March 7: Annual **Women's Retreat** St. George West Roxbury
- April 4: **Church clean up day** (Saturday)
- April 18: Antiochian **Women Meeting** - St. George Pawtucket
- June 20: **Parish Life Conference** - St. George W. Roxbury (hosted by Lowell)

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 djamesirving@gmail.com. Fr. James is available for confession by appointment.
