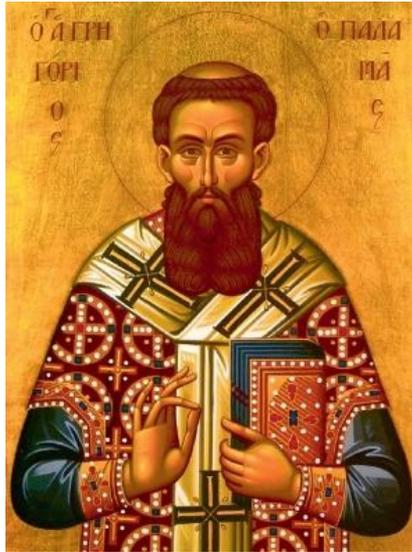

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 08, 2026

Tone 6 / Eothinon 6

Second Sunday of Great Lent

**Commemoration of Gregory Palamas,
archbishop of Thessalonica**

**Theophylact the Confessor, bishop of Nicomedia;
Apostle Hermas of the Seventy**

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 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 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, 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.

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, 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
- **Wednesday, March 11**
 - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 13**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 14**
 - 5:00 PM Vespers
- **Sunday, March 15**
 - 9:00 AM Orthros / 9:15 AM Bible Study (kids 10+)
 - 10:00 AM Divine Liturgy
 - Church School
 - St. Martha & St. Mary Sisterhood 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

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 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" – 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!"



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 containers 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.org/>

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 offering another Lenten Season of Soup for the Soul. We are preparing 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:

- March 11 Russian Borscht by Olga DiSavino
- March 18 Vegan Taco Soup by Michelle Moeck
- March 26 Escarole & Bean Minestre by Rick Bardine (this one is on Thursday after the Canon of St. Mary of Egypt)
- April 1 Beet Borscht by Stephen Winters (no foolin' 😊)
- April 8 Fasolatha by Lula Sroczenski takes us almost to 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 8 in the Holy Orthodox Church, we commemorate Theophylact the Confessor, bishop of Nicomedia; and Apostle Hermas of the Seventy.

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

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