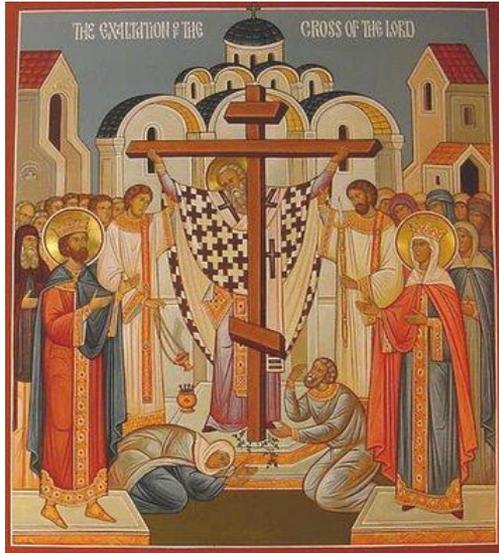

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 15, 2026

Tone 7 / Eothinon 7

Third Sunday of Great Lent

Veneration of the Precious and Life-Giving Cross

Martyr Agapios of Palestine and those with him;

Apostle Aristoboulos of the Seventy, first bishop of Britain;

New-martyrs Manuel of Crete and Parthenios

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 SEVEN: 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.

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 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. (*thrice*)

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 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

- **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 with Procession of the Holy Cross
 - Church School
- **Wednesday, March 18**
 - 5:00 PM Liturgy of the Presanctified Gifts
- **Friday, March 20**
 - 5:00 PM Little Compline with Akathist Hymn
- **Saturday, March 21**
 - 5:00 PM Vespers
- **Sunday, March 22**
 - 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 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

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.



DONATE ONLINE

Scan the QR code with your smart phone to
give online at antiochian.org



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 (30 FAMILIES NEED HELP)

A Sign-Up request has been sent out via email to parish members and friends to help provide assistance to 30 families who are clients of Independence House in Hyannis, which provides services to battered women and their children. Ways to participate include:

- Register to pick up a ham or two and some Easter Candy / Easter Bunny at the grocery store
 - Register to provide monetary donation for St Michael to purchase grocery store shopping cards. This way the families can complete their holiday meal shopping.
-

· Donate your time to help package the items on March 29 and to help with delivery on March 30

Please bring any items to the hall downstairs and put in the boxes labeled Independence House. The sign-up request covers all these requests. If you don't have access to a computer, please reach out to the Outreach committee to let us know how you can help: Soraya and Emma If you don't receive the Sign-up request in your email, please see Soraya so your name can be added to our distribution list. Thank you for your support of St. Michael outreach and its programs.

The link for the signup sheet is Parish: Easter Meals for Independence House with a deadline of March 29.

Thank you for your generosity as we make our way through our own Lenten Season for our celebration on April 12!

May God always bless you for your commitment to our Cape Cod community and those in need.

Outreach Team

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 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 15 in the Holy Orthodox Church, we commemorate the Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; and New-martyrs Manuel of Crete and Parthenios.

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 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.
