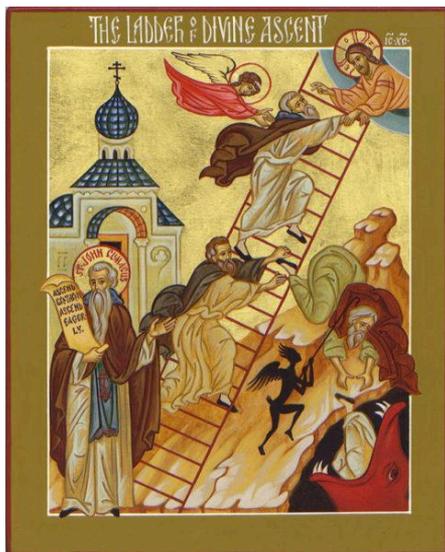

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

e-mail: stmichael@stmichaelcapecod.org



Sunday, March 22, 2026

Tone 8 / Eothinon 8

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.

RESURRECTIONAL APOLYTIKION IN TONE EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT: 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.

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.

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.

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 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

- **Tuesday, March 24**

- 5:00 PM Divine Liturgy for the Annunciation

- **Thursday, March 26**

- 5:00 PM Great Canon of St. Andrew with Life of St. Mary of Egypt

- **Friday, March 27**

- 5:00 PM Little Compline with Akathist Hymn

- **Saturday, March 28**

- 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

*****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

Make your vows unto the Lord and perform them.

God is known in Judah; His name is great in Israel.

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

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

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

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 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 22 in the Holy Orthodox Church, we commemorate Hieromartyr Basil of Ancyra; and Martyr Kallinika of Rome.

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.*

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 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.
