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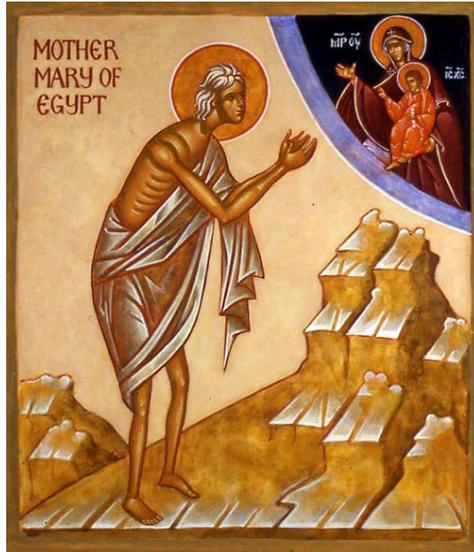
## **St. Michael the Archangel Antiochian Orthodox Church**

62 Main Street, Cotuit, MA 02635

(508) 420-1113, [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org),

e-mail: [stmichael@stmichaelcapecod.org](mailto:stmichael@stmichaelcapecod.org)

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**Sunday, March 29, 2026**

**Tone 1 / Eothinon 9; Fifth Sunday of Great Lent**

**Commemoration of our**

**Righteous Mother Mary of Egypt**

**Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon  
of Heliopolis and those with them; Martyrs Jonah and  
Barachisios of Persia and those with them**

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**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**

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## 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 ONE: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT: Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN TONE TWO: O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

### 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.**

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**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**

- **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
- **Wednesday, April 1**
  - 5:00 PM Liturgy of the Presanctified Gifts
- **Saturday, April 4**
  - 9:00 AM Divine Liturgy for the Lazarus Saturday
  - **Church Clean Up Day**
  - 5:00 PM Vespers
- **Sunday, April 5**
  - 9:00 AM Orthros / 9:15 AM Bible Study (kids 10+)
  - 10:00 AM Divine Liturgy
  - Church School
  - Outreach Meeting
  - Teen SOYO 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!***

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## THE EPISTLE

*Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)**

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (10:32-45)**

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldst do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."

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# GATECHUMEN LENTEN GATHERING

Calling all Catechumens from parishes across DOWNE to join us for Little Compline with the Canon of Lazarus, followed by a light lenten meal and a talk led by his Grace Bishop JOHN.

**FRIDAY, APRIL 3 AT 6:30PM**

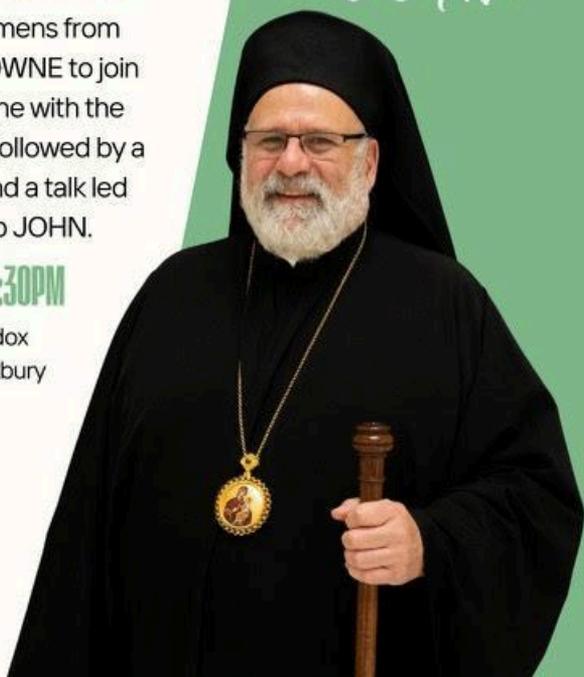
 St. George Orthodox Church, West Roxbury

**LINK TO REGISTER!**



Joined by

*His Grace  
Bishop  
JOHN*





## 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

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## **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](http://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](http://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:

- 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](mailto: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.

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## THE SYNAXARION

On March 29 in the Holy Orthodox Church, we commemorate Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; and Martyrs Jonah and Barachisios of Persia and those with them.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

### **Verses**

*Spirit rose up, flesh melted away erewhile;  
hide, O earth, the worn bones of Mary's body.*

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

Through her 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

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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](mailto:djamesirving@gmail.com). Fr. James is available for confession by appointment.

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