


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ www.stmichaelcapecod.org  Like us on Facebook

Sunday, July 21, 2019

Fifth Sunday after Pentecost

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

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

| | |
|----------------|---|
| <i>English</i> | Holy God, Holy Mighty, Holy Immortal, have Mercy on us |
| <i>Arabic</i> | Qudoos El Laah, Qudoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah |
| <i>Greek</i> | Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas |
| <i>Russian</i> | 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

Sunday, July 21 9:30 AM Divine Liturgy
 11:30 AM Choir Rehearsal

Saturday, July 27 7:00 PM Vespers

Sunday, July 28 9:30 AM Divine Liturgy
 St. Michael Cookout

*****In case of emergency, there are emergency numbers posted next to the telephones in the coat room and in the kitchen*****

PLEASE SEE ST MICHAEL HAPPENINGS FOR UPCOMING EVENTS AND CHARITABLE NEEDS OVER THE COMING WEEKS. MAY GOD CONTINUE TO BLESS YOU!

***** DON'T FORGET NON-PERISHABLE ITEMS FOR FOOD PANTRY *****

THANK YOU to Jasmine & Paul Andrews. Jourdan & Charlie Clough and to Anna Lemanis for their tireless efforts in purchasing /delivering food donations!

WELCOME TO OUR VISITORS! PLEASE JOIN US FOR COFFEE HOUR!

THANK YOU TO OUR PARISHIONERS FOR MAKING COFFEE HOUR POSSIBLE

This week hosted by **Families with Young Children**

Next week: Parish Council

Please let us know if you are interested in being included on the coffee hour rotation schedule!

Our People are our Choir! We love to hear you sing with us! WELCOME!

We are glad to have you worship with us today!

Father Ben Kjendal is available to visit with you in your home for pastoral care, counseling and inquiries regarding Orthodoxy by appointment. His cell number is (978) 397-3285.

If you need anyone remembered during services (in Memory of or for Good Health of), please let Fr. Ben know **AT LEAST ONE WEEK IN ADVANCE** so they can be included in all the prayers during Vespers, Matins and Liturgy

THE EPISTLE

(For the Fifth Sunday after Pentecost)

How great are Thy works, O Lord! In wisdom hast Thou made them all.

Bless the Lord, O my soul

The Reading from the Epistle of St. Paul to the Romans. (10:1-10)

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved

THE GOSPEL

(For the Fifth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.



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ST. MICHAEL HAPPENINGS

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

PLEASE SUPPORT SOYO RELIGIOUS ITEMS BOUTIQUE As a steward of St Michael, SOYO is running a religious items store for all your needs. Proceeds from the store will be **DONATED BACK** to St Michael to support a **NEEDY FUND AND OUTREACH PROGRAMS** for the parish and its friends... **please stop by and help support your neighbors in need with every purchase! See our Silver cross collection from Russia! Beautiful craftsmanship!**

SHOP ON AMAZON AND SUPPORT ST. MICHAEL You start at smile.amazon.com and do your regular logon it. Designate St Michael The Archangel Antiochian Orthodox Church as your charity. That is all! As you shop, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to St Michael. Please consider taking this one extra step to your normal shopping routine! Tell your family and friends about it! Together we can raise some funds for our many programs!

Know any shut-ins? Please give the names and addresses of any shut-ins from our parish to Kh. Alyssa. The children would like to begin making regular visits to these folks who are unable to join us on Sundays and for other church events, but we need to know who and where they are!

SUNDAY IS THE LAST DAY TO REGISTER FOR VACATION CHURCH SCHOOL!!! All children ages 9 and under are welcome to join us for this fun, faith-filled experience July 30-August 1. Registration forms are at the back of the church and on our website <http://www.stmichaelcapecod.org/2019/07/vacation-church-school-2019-registration/>.

All registration forms are due by Sunday, July 21. Please see Kh. Alyssa with any questions.

ST. MICHAEL FAMILY COOKOUT, July 28 Come join us for a free fun event after Liturgy. Cookout for our parish family and friends, sponsored by the Parish Council.



BACKPACK BLESSINGS SCHOOL SUPPLY DRIVE! Once again, we will be collecting NEW backpacks and school supplies now through August 18 for children whose families are unable to purchase these items themselves. Please see the list below for suggestions of what is needed. On Sunday, August 18 we will be filling the backpacks to prepare them for delivery. Thank you for your generosity in helping supply children with the tools they need to succeed in the upcoming school year!



Collecting NEW ITEMS now through August 18!!!

Backpack Blessings

School Supply Suggestion List



- Crayons (fat and regular sizes)
- Markers (fat and regular sizes)
- Highlighters
- Dry erase markers
- Fine and ultra fine point Sharpies – black
- Scissors
- Rulers
- Glue sticks
- Colored pencils
- #2 pencils
- Pencil sharpeners (with cover)
- Pencil cap erasers
- Mechanical pencils with lead
- Pens – black and blue
- Pencil boxes or pouches
- Pocket folders
- Composition notebooks
- Spiral notebooks
- Binders (1", 1.5", 2")
- Filler paper (wide ruled)
- 5 tab, 3 ring binder dividers
- 3x5 index cards
- Ear buds
- Calculators
- Flashdrives
- Pocket packs of tissues
- Backpacks (no wheels)
- Gift cards to Staples or Walmart

We will be filling the backpacks on Sunday, August 18 after Liturgy.

