


*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org)  Like us on Facebook

**Sunday, September 08, 2019**

**Sunday before the Elevation of the Holy Cross & Feast of the Nativity of the Theotokos**

**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 THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

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 OF THE NATIVITY OF THE THEOTOKOS IN TONE FOUR: By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

TRISAGION PRAYER

<i>English</i>	Holy God, Holy Mighty, Holy Immortal, have Mercy on us
<i>Arabic</i>	Qudoos El Laah, Quodoos 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**

**\*\*\* FALL SCHEDULE BEGINS \*\*\***

**Sunday, September 8**      9:15 AM Church School  
10:00 AM Divine Liturgy  
12:00 PM Choir Rehearsal

**Friday, September 13**      7:00 PM Vespers for the Feast of the Cross

**Saturday, September 14**      9:00 AM Divine Liturgy at **St. John, Dedham**  
5:00 PM Vespers

**Sunday, September 15**      9:15 AM Church School  
10:00 AM Divine Liturgy

**\*\*\*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 **Pauline & Chris Rassias**

Next week: Marilyn George & Elaine Burke

**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 Sunday before the Elevation of the Holy Cross)

*O Lord, save Thy people and bless Thine inheritance.*

*To Thee, O Lord, I have cried, O my God.*

### **The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)**

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For, neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

## THE GOSPEL

(For the Sunday before the Elevation of the Holy Cross)

### **The Reading from the Holy Gospel according to St. John. (3:13-17)**

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For, God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."



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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](http://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!

**NARTHEX** The appeal for pledges to add a Narthex to our church has been mailed to all members and friends of Saint Michael the Archangel Church. YOUR participation is needed. PLEASE fill out the pledge form included with your letter and put it in the mail today. Together we can do this!

**Seminarian Welcome Reception** All are invited to St. George Church in West Roxbury on **Sunday, September 15 at 4:00** for Vespers followed by a Welcome Reception to greet the new Seminarrians at Holy Cross School of Theology and Hellenic College. Please join us as we welcome these students from all over the country to our Diocese. The Reception is sponsored by the Diocese Antiochian Women.

**DIOCESE FAMILY CAMP & TEEN SOYO FALL CAMP** Join us for the 3rd Annual Diocese Family Camp at the St. Methodios Faith & Heritage Center in Contoocook, NH, **October 4-6, 2019**. Families from our Diocese come together for a weekend of camp activities, prayer, relaxation, fellowship, and learning in the beautiful camp in New Hampshire. Families stay in the beautiful Retreat House with hotel-style rooms, and participate in activities throughout the weekend as a family without the distractions of our busy lives. Teens will stay in the cabins with AV Staff Alumni from throughout the Diocese. More information and registration forms can be found at [www.soyofallcamp.org](http://www.soyofallcamp.org)

**INTERNATIONAL FOOD/BAKE SALE & UPSCALE YARD SALE** will be on **Saturday, October 12 from 10 AM to 2 PM**. Come purchase food to treat your family and invite your friends! Flyers are at the back of the church. If you are willing to help, ask Elaine Burke or Jourdan Clough.



**PRISON BOOK DRIVE!** Through the end of September we will be collecting books to be donated to a local prison. All books should be **NEW** or **GENTLY USED PAPERBACKS** (no hard covers or spiral bindings). Romance novels, books targeted specifically for women, or books picturing or featuring weapons and true crimes are **not accepted**. "Education is one of the few methods proven to reduce the likelihood of a prisoner returning to prison after release."