

*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 15, 2019**

**Sunday after the Elevation of the Holy Cross**

**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 THE ELEVATION OF 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 OF THE ELEVATION OF THE HOLY CROSS IN TONE FOUR: Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

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**

**Sunday, September 15**      9:15 AM Church School  
10:00 AM Divine Liturgy  
**Saturday, September 21**      5:00 PM Vespers  
**Sunday, September 22**      9:15 AM Church School  
10:00 AM Divine Liturgy  
12:00 Women's Group meeting

**\*\*\*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 **Marilyn George & Elaine Burke**

Next week: Yury & Anastasia Klovov

**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 Sunday after the Elevation of the Holy Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all.*

*Bless the Lord, O my soul.*

### **The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

## THE GOSPEL

(For Sunday after the Elevation of the Holy Cross)

### **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 of 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 He 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."



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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!

**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."

Come purchase food to treat your Family.  
*American, Lebanese, Greek, Moldavian, Polish,  
Romanian, Russian, Syrian, Tibetan, Ukrainian*

And much more!



**THANK YOU CARDS** Be sure to take a look at the thank you cards posted on the bulletin boards in the fellowship hall! One is from the families at The Village at Cataumet Shelter, whom we provided with backpacks. And another one is from Food for Hungry People Program.

**TEEN SOYO MOVIE-NIGHT** Save the date **October 13, 2019!** Teen SOYO will have movie-night after Liturgy.