


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, March 01, 2020

Sunday of Forgiveness (Cheese Fare)

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.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

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

MARCH IS ANTIOCHIAN WOMEN'S MONTH

Sunday, March 1 9:00 AM Orthros / 9:15 AM Church School
10:00 AM Divine Liturgy
1:00 PM Vespers with Ceremony of Mutual Forgiveness, immediately following coffee hour
+++ GREAT LENT BEGINS +++

Monday, March 2 6:30 PM Great Compline with the Canon of St. Andrew of Crete

Tuesday, March 3 6:30 PM Great Compline with the Canon of St. Andrew of Crete

Wednesday, March 4 6:30 PM Great Compline with the Canon of St. Andrew of Crete

Thursday, March 5 6:30 PM Great Compline with the Canon of St. Andrew of Crete

Friday, March 6 6:30 PM Little Compline with the Akathist Hymn

Saturday, March 7 6:00 PM Triumph of Orthodoxy Vespers at **St. George Cathedral**, Worcester
Daylight Saving Time starts! Don't forget to set your clocks one hour ahead

Sunday, March 8 9:00 AM Orthros / 9:15 AM Church School
10:00 AM Liturgy with procession of Icons for the Sunday of Orthodoxy

*****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 week (CHEESEFARE) and the next 2 weeks: **Tatiana R., Zoya, Clough, Kjendal, Savas, & Andrews**

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 of Forgiveness)

Sing praises to our God, sing praises. Sing praises to our King, sing praises.

O clap your hands, all ye nations.

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



ST. MICHAEL THE ARCHANGEL ANTIOCHIAN ORTHODOX CHURCH

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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!

Triumph of Orthodoxy Vespers The Council of Eastern Orthodox Churches of Central Massachusetts and His Grace Bishop JOHN invite you to Great Vespers on **Saturday, March 7 at 6 pm at St. George Cathedral in Worcester** for a **pan-Orthodox Great Vespers** for the Triumph of Orthodoxy. All clergy of the Assembly of Bishops are invited to serve. Bishop JOHN will be preaching.

FISH FEAST Save the date for our annual **Fish Feast to benefit ZOE House**, a pan-Orthodox crisis pregnancy center! Join us on **Sunday, March 22** after Liturgy to support this life-saving organization! For reservations, please contact Kh. Alyssa, alysakiendal@yahoo.com or 508-873-9199. If you are unable to attend the Fish Feast, ZOE House still needs your support! Please send your donation to: St. Michael the Archangel Orthodox Church, 62 Main Street, Cotuit, MA 02635 Please make checks out to St. Michael with ZOE House in the memo. TAKE OUT IS AVAILABLE!

FISH FEAST
Sunday, March 22, 2020
memorandum following 1:00 AM Liturgy (10:00 AM)
 St. Michael the Archangel Orthodox Church
 62 Main Street, Cotuit
 \$25 adults 13+ Gift Basket
 \$10 children 5-12 Drawing!
 children 5 and under free

All proceeds will help ZOE House continue their life-saving work.

2020 Fish Feast, 100% of proceeds will go to ZOE House. All proceeds will be used for their life-saving work. For more information, please contact Kh. Alyssa at 508-873-9199 or alysakiendal@yahoo.com. For more information, please contact Kh. Alyssa at 508-873-9199 or alysakiendal@yahoo.com.

Diocese Lenten Retreat & Youth Day All are invited to attend the Annual Diocese Lenten Retreat & Youth Day on **Saturday, March 28, 2020 at St. John of Damascus Church in Dedham**. The day will begin with Divine Liturgy at 9:00 am, followed by a light breakfast. The keynote speaker will be Mr. Gregory Abdalah, D. Min, who is the Pastoral Assistant at St. George Church in Phoenix, AZ. Registration details: <https://www.eventbrite.com/e/2020-diocese-lenten-retreat-youth-day-tickets-89246142615>

Holy Week and Pascha Service Books available at bookstore. Cost is \$40. Please see any Soyo member or Soraya Bandeli. Holy Week will be upon us before you know it. Get your copy now!

FOOD FOR HUNGRY Annual drive starts for the Lenten season. Boxes available at the back of the church. Collect your loose change throughout Lent. Make it a game with your kids. If you own a business put it out for your customers to help with the drive. Please pray for those who go without. Boxes are due back on **Palm Sunday**. Thank you for your generosity!



CAMP ST. HERMAN We are very excited to announce that our Diocese will sponsor a one-week summer camp program, called Camp St. Herman, August 9-15, 2020 for grades 4-12 (ages 9-17)! The program will be based off of the Antiochian Village program, and held at the St. Methodios Faith & Heritage Center in Contoocook, NH. Fr. Benjamin Kjendal will be the Camp Director and Khalil Samara will be the Executive Director along with many AV Staff alumni ministering to our young people. More details, camper registration and staff applications are available online at www.CampStHerman.org or email at info@campstherman.org with questions.