


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 08, 2020

First Sunday of Great Lent (Sunday of Orthodoxy)

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 FIVE: Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO: Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

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

MARCH IS ANTIOCHIAN WOMEN'S MONTH

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
Choir Rehearsal

Friday, March 13 6:30 PM Little Compline with the Akathist Hymn

Saturday, March 14 5:00 PM Vespers

Sunday, March 15 9:00 AM Orthros / 9:15 AM Church School
10:00 AM Divine Liturgy
SOYO meeting
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 (LENT) and the next week: **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

Blessed art Thou, O Lord, the God of our fathers.

For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



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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!

RIDES NEEDED As we prepare for Pascha, most of our Lenten services are being held in the evenings over the coming weeks. Please consider offering a ride to a parishioner who cannot get to church otherwise. We currently have a need in Yarmouth. If you plan to attend any of the midweek services, please consider sharing your ride. If you don't plan to attend, will you reconsider so that you can help someone in our parish family, which will allow you the added bonus to enjoy the beauty of our Lenten services. If you need a ride or can offer a ride, please contact Soraya Bandeli: sbandeli@comcast.net May God bless you and keep you strong during your journey to Most Holy Pascha!

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, alysaskjendal@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!

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>

PASCHA CARD 2020 The proceeds of this year's Pascha card will be going to St. Michael's Narthex Project. We thank you for your continued generosity. Please fill out the form (they are at the back of the church) and return by **April 5, 2020**. Please include your name on the St. Michael the Archangel Pascha Card.

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!

ENVELOPE PROGRAMM St. Michael has begun an envelope program for weekly giving. The envelopes are numbered and will correspond with your member number in our church system. There is initial giving in hope to covering the cost – your donation of \$5 or more should cover the expense. Additionally, there is an envelope for every week in the year as well as one for every church holiday. Please, pick up your envelopes from Pauline Rassias, Michelle Mullaney or Joe Boruch in the church office.

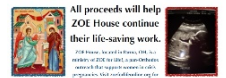
FISH FEAST

Sunday, March 22, 2020

St. Michael the Archangel Orthodox Church
62 Main Street, Cotuit

\$25 adults 11+
\$10 children 6-12
Children 5 and under free

Gift Basket
Drawing!



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

For more information, contact Kh. Alyssa at 508-873-9199 or alysaskjendal@yahoo.com. All proceeds will be donated to ZOE House, a pan-Orthodox crisis pregnancy center. For more information, contact Kh. Alyssa at 508-873-9199 or alysaskjendal@yahoo.com.

