


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 15, 2020

Second Sunday of Great Lent (Commemoration of Gregory Palamas)

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 SIX: When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT: O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

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, 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 15 9:00 AM Orthros / 9:15 AM Church School
10:00 AM Divine Liturgy
SOYO meeting
Women's Group meeting

Wednesday, March 18 6:30 PM Presanctified Divine Liturgy

Friday, March 20 6:30 PM Little Compline with the Akathist Hymn

Saturday, March 21 5:00 PM Vespers

Sunday, March 22 9:00 AM Orthros / 9:15 AM Church School
10:00 AM Divine Liturgy

Monday, March 23 7:00 PM Diocese Compline Service at St. Michael Church

*****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): **Tatiana R., Zoya, Clough, Kjendal, Savas, & Andrews** Next week: FISH FEAST IS POSTPONED

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, Orthros (Matins) and Liturgy

THE EPISTLE

O Lord, Thou wilt preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”



ST. MICHAEL THE ARCHANGEL ANTIOCHIAN ORTHODOX CHURCH

62 Main Street, Cotuit, MA 02635 T: 508-420-1113

www.stmichaelcapecod.org  Like us on Facebook

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 IS POSTPONED Date to be determined.

Diocese Lenten Retreat & Day IS POSTPONED In light of everything going on in the world right now, it has been decided that we should postpone the Lenten Retreat/Youth Day/Teen Overnight scheduled for March 28; it is our hope to reschedule later this year (we'll keep you posted!)

In the meantime:

—If you already registered online, a refund will be processed for you.

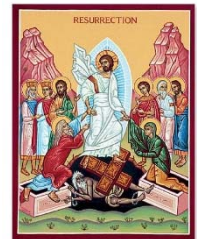
—If you mailed a check, it will be shredded.

May God bless you and your families.

Mary Lou Catelli & Erin Kimmett

Retreat Coordinators

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.