


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 22, 2020

Third Sunday of Great Lent; Veneration of the 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 SEVEN: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION FOR 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 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.

THE ANTI-TRISAGION HYMN: Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

And we glorify Thy Holy Resurrection.

Dynamis!

Before Thy Cross we bow down in worship, Master, and we glorify Thy Holy Resurrection.

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 22 9:00 AM Orthros
10:00 AM Divine Liturgy
Wednesday, March 25 9:00 AM Divine Liturgy for the Annunciation
Friday, March 27 6:30 PM Little Compline with the Akathist Hymn
Sunday, March 29 9:00 AM Orthros
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!

NO COFFEE HOUR

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

(For the Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance.

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

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

THE GOSPEL

(For the Third Sunday of Great Lent)

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 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 Jesus 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!

FISH FEAST IS POSTPONED Date to be determined.

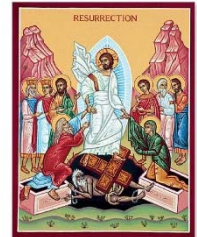
Diocese Lenten Retreat & Youth Day IS POSTPONED In light of everything going on in the world right now, it has been decided that we should postpone the Lenten Retreat/Youth Day scheduled for March 28; it is our hope to reschedule later this year (we'll keep you posted!) In the meantime:

—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.

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!

Food Assistance for Families at the Village at Cataumet During this unusual time we are experiencing, please help us in providing supplemental food to the 18 families at the Village at Cataumet. Kids are out of school and no longer have the guarantee of at least two meals a day, parents are unable to work, and inventory at grocery stores has been inconsistent. These families need help. There is a plastic bin at the back basement door of the church. As you are able, please donate items that can be eaten without being cooked or can be prepared in a microwave. (Use of the communal kitchen at the shelter is being limited, and families are needing to eat in their own motel-style rooms.) Suggested food items to leave in the bin outside: peanut butter and jelly; apple sauce and canned fruit; canned vegetables; canned soup; other canned meals (Chef Boyardee, chili, etc.). If you are able to access the church, please leave any of the following items **INSIDE** on the kitchen counter (or in the refrigerator, if necessary): bread; crackers (Graham, Goldfish, Ritz, etc.); microwave popcorn; granola bars; cold cuts. Please, do not leave anything outside that is perishable or could attract animals! Kh. Alyssa alysakiendal@yahoo.com will be at the church throughout the week to bring food inside as she is able, and will be making a delivery to the Village at Cataumet this Sunday, as well as each Sunday for the next few weeks. If you would like to help but are unable to shop, please let her know if there are items at your house you would like her to pick up or how much monetary assistance you are sending to the church to help with this endeavor. Thank you in advance for your generosity.

That sentiment is an echo of the staff at the Village at Cataumet, "Please thank everyone in advance for their thoughtfulness and generosity, we are truly blessed to have you by our side during this time!"