


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 29, 2020

Fourth Sunday of Great Lent

Commemoration of John Climacus, Author of “The Ladder”

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 EIGHT: From the heights Thou didst descend, O compassionate One, and Thou didst submit to the threeday burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ST. JOHN CLIMACUS IN TONE EIGHT: The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save 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

English Holy God, Holy Mighty, Holy Immortal, have Mercy on us

Arabic Qudoos El Laah, Quodoos El Qawi, Qudoos El Lathi La Yamoot, Urhamnah

Greek Agios O Theos, Agios Ischiros, Agios Athanatos, Eyleison Imas

Russian 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, March 29 9:00 AM Orthros
10:00 AM Divine Liturgy
Friday, April 3 6:30 PM Little Compline with the Akathist Hymn
Sunday, April 5 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

The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."



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ST. MICHAEL HAPPENINGS

WEEKLY BULLETIN CAN BE VIEWED ON OUR WEBSITE
ALL FOR THE GLORY OF GOD AND HIS CHURCH

Soup Jars for Adoption There is a wonderful family (the Morris family) Erika Kjendal has connections with through her Orthodox online school that hosted three siblings from an orphanage in Ukraine over the summer. Loving the children, and knowing that the institution they were in leads them on to a life of addiction, prostitution, or suicide, they wanted to take them into their house for good and adopt the three children and their little brother. Unfortunately, though, the process of adoption is very expensive and not everyone has fifty thousand dollars tucked away for such a purpose! To offer some help, although Erika will only be able to create a small dent in the expense, she has put together some soupmixes-in-a-jar. There are four varieties: Italian Barley, Split Pea, Coconut Curry, and Five Bean. All of them are completely Lenten and have clear instructions on the label. (It's simple; all you need to do is pour the soup mix into a pot with some water and possibly another ingredient.) Each jar is \$10 or five jars for \$45, and all proceeds go to this family trying to adopt! Please consider buying one (or two or five!). It would be a nice gift to drop off on the doorstep of a lonely neighbor. They make about 4-6 servings each. They are all being displayed at church; but if you are trying not to leave the house, we are offering free delivery for orders of five jars or more, otherwise, the delivery fee is \$1 a jar. To buy and/or schedule a delivery please email Erika at kjendalhomeschool@gmail.com. Thank you for your support; it is appreciated more than you could imagine, and you are helping to make a huge impact on the lives of four amazing children of God.

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 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 alyssakjendal@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!"