

St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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

Sunday, April 05, 2020

Fifth Sunday of Great Lent

Commemoration of our Righteous Mother Mary of Egypt

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 ONE: While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT: Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN TONE TWO: O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

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, 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

Make your vows to the Lord our God, and perform them.

God is known in Judah; His Name is great in Israel.

The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation), He entered once for all into the Holy Place, taking not the blood of goats and calves but His own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, Who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."



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

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.

UPDATE: In an effort to keep more people at home (and fewer hands from touching the food that is being donated), Kh. Alyssa will be placing a Costco order each week to be sent directly to the Village at Cataumet. Please consider making a monetary donation to assist with this endeavor. Checks can sent to the church, or directly to the Kjendals.

PO Box 46
Sagamore, MA 02561

(If you send a check to the church, please email Kh. Alyssa alyssakjendal@yahoo.com so she can account for your donation in her purchases.) 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!"