


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

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Sunday, May 3, 2020

Third Sunday of Pascha

Celebrant: Fr. Ben Kjendal

LITTLE ENTRANCE WEEKLY VARIABLES

THE EISODIKON (ENTRANCE HYMN): In the gathering places bless ye God the Lord, from the springs of Israel. Save us, O Son of God, Who art risen from the dead, who sing to Thee. Alleluia.

RESURRECTIONAL APOLYTIKION IN TONE TWO: When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION OF JOSEPH OF ARIMATHAEA IN TONE TWO: The noble Joseph, taking Thine immaculate Body down from the Tree, and having wrapped It in pure linen and spices, laid It for burial in a new tomb. But on the third day Thou didst arise, O Lord, granting to the world Great Mercy.

APOLYTIKION OF THE MYRRH-BEARING WOMEN IN TONE TWO: Unto the myrrh-bearing women did the Angel cry out as he stood by the grave: Myrrh-oils are meet for the dead, but Christ hath proved to be a stranger to corruption. But cry out: The Lord is risen, granting to the world Great Mercy.

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.

THE KONTAKION OF PASCHA IN TONE EIGHT: Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrhbearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

TRISAGION PRAYER

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

Arabic Qudoos El Laah, Qudoos 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

MEGALYNARION FOR PASCHA IN TONE ONE: *The Angel cried unto her that is full of grace: O pure Virgin, rejoice, and again I say, rejoice; for thy Son hath arisen from the grave on the third day.* Shine, shine, O new Jerusalem, for the glory of the Lord hath arisen upon thee; dance now and be glad, O Zion, and do thou exult, O pure Theotokos, in the arising of Him Whom thou didst bear.

KOINONIKON (COMMUNION HYMN) OF PASCHA IN TONE EIGHT:

Receive ye the body of Christ; taste ye the Fountain of immortality.

PHIMI OF METROPOLITAN JOSEPH:

JOSEPH, the most devout, the most reverend, chosen by God as Archbishop of New York and the Metropolitan of all North America, our Father and Chief Shepherd, may God grant him many years!

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, May 3 9:00 AM Orthros
 10:00 AM Divine Liturgy
Saturday, May 9 5:00 PM Vespers
Sunday, May 10 9:00 AM Orthros
 10:00 AM Divine Liturgy

***The Parish thanks Fr. Ben, David Easa, Erika, Anders and Nicholas for their stellar efforts during all the service during Holy Week.
Their mission to serve our parish is greatly appreciated.***

Albanian: Krishti Ungjall! Vertete Ungjall!
Arabic: Al Maseeh Qam! Haqqan Qam!
English: Christ is Risen! Truly He is Risen!
Greek: Christos Anesti! Alithos Anesti!

Polish: Khristus Zmartvikstau! Zaiste Zmartvikstau!
Portuguese: Christo Ressuscitou! Em Verdade Ressuscitou!
Romanian: Hristos a Inviat! Adevarat a Inviat!
Russian: Khristos Voskres! Voistinu Voskres!

*****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 is my strength and my song. The Lord has chastened me severely.

The Reading from the Acts of the Sainly and Pure Apostles. (6:1-7)

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the Twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (15:43-16:8)

At that time, Joseph of Arimathaea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if He were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that He was dead, he granted the body to Joseph. And he bought a linen shroud, and taking Him down, wrapped Him in the linen shroud, and laid Him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where He was laid. And when the Sabbath was passed, Mary Magdalene, Mary the mother of James, and Salome, bought spices so that they might go and anoint Him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His Disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.



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ST. MICHAEL HAPPENINGS

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

Food for Hungry Thank you for your collection efforts during the annual Food for Hungry campaign this Lenten season, to help those with food insecurity. As we were not able to be together this Palm Sunday when the boxes were due back, we ask if you can please count the change you have collected and send us a check to be forward for relief efforts to those in need. As we continue to hear during this Epidemic, the numbers of those suffering are staggering. So please be generous with your donations. Please make your checks payable to: St Michael Orthodox Church and show "FOOD FOR HUNGRY" in the memo. They can be mailed to

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May God continue to bless you and your families!

Face Masks Soraya Bandeli has offered to make face masks for anyone who needs with no cost. If any of you needs please let her know at sbandeli@comcast.net or call 617-842-8591.

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!"

