

*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ [www.stmichaelcapecod.org](http://www.stmichaelcapecod.org)



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**Sunday, June 14, 2020**

**First Sunday after Pentecost: All Saints Sunday**

**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 three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF ALL SAINTS IN TONE FOUR: Thy Church, O Christ God, hath regaled herself in the blood of Thy Martyrs throughout the entire world, as in porphyry and purple. Through them she lifteth her voice crying: Turn with Thy compassion toward Thy people, and grant peace to Thy city, and to our souls the 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.

KONTAKION OF ALL SAINTS IN TONE EIGHT: As first-fruits of our nature to the Planter of created things, \* the world presenteth the God-bearing martyred Saints in off'ring unto Thee, O Lord. \* Through their earnest entreaties, \* keep Thy Church in deep peace and divine tranquility, \* through the pure Theotokos, O Thou Who art greatly merciful.

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 Ischiro, Agios Athanatos, Eyleison Imas

*Russian* Svyatij Bozhe, Svyatij Krepkij, Svatij Bessmertnij pomiluj nas

KOINONIKON (COMMUNION HYMN) OF ALL SAINTS IN TONE EIGHT

Rejoice in the Lord, O ye righteous; praise is meet for the upright. Alleluia.

**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**

<b><u>Sunday, June 14</u></b>	9:30 AM Divine Liturgy
<b><u>Saturday, June 20</u></b>	7:00 PM Vespers
<b><u>Sunday, June 21</u></b>	8:30 AM Orthros
	9:30 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

*God is wonderful among His saints. Bless God in the congregations.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (11:33-12:2)**

Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Matthew.**

**(10:32-33, 37-38; 19:27-30)**

The Lord said to His disciples, “Everyone who acknowledges Me before men, I also will acknowledge before my Father Who is in heaven; but whoever denies Me before men, I also will deny before My Father Who is in heaven. He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me; and he who does not take his cross and follow Me is not worthy of Me.” Then Peter said in reply, “Lo, we have left everything and followed Thee. What then shall we have?” Jesus said to them, “Truly, I say to you, in the New World, when the Son of Man shall sit on His glorious throne, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or wife or children or lands, for My Name’s sake, will receive a hundred fold, and inherit eternal life. But many that are first will be last, and the last first.”



## *ST. MICHAEL THE ARCHANGEL ANTIOCHIAN ORTHODOX CHURCH*

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### ST. MICHAEL HAPPENINGS

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

**St. Michael International Cookbook:** We hope everyone is doing well through this pandemic and finding comfort in Faith, Family, Friends and Food!! Speaking of food... the Women of the Church started thinking about its next project. We are very excited about this and hope you will be, too...

Our parish is very fortunate to have the BEST cooks, bakers and chefs around and we would like them to share their recipes and memories about them in a St. Michael International Cookbook. Everyone can contribute, young and old, men/women/children, amateur cooks and kitchen veterans! Our plan is to have our cookbook ready this fall, preceding the Thanksgiving and Christmas Holidays.

There are lots of categories to which you can contribute, with some dishes falling into more than one category. Feel free to submit as many recipes as you like. Remember that variety is the spice of life! Please also let us know if there is a dish you would like included, but do not make yourself.

Perhaps consider including a memory about your recipe(s) if you have any (for example, making it with your grandmother or your children). Sharing artwork or photos would also be welcome. Consider this a love letter to our heritage, our families, and our experiences. Your memories and comments will make that possible. We can help you with the process if you need it.

Categories for your submissions are:

- Religious - example: Holy Bread; Memorial Wheat (Koliva)
- Appetizers
- Soups/Salads
- Main Dishes
- Side Dishes
- Lenten Dishes
- Kids' Corner
- Pastries/Desserts



Please, download the Recipe form from our website, complete the

form on your computer (without printing) and sent back to us with

your recipe and information. This will minimize having to re-type and will help with editing formats. If you have any questions or need some assistance, please contact us at the below emails / cell numbers.

Deadline to submit completed form is June 15.

With much love and thanks to you all, Your Cookbook committee:

Linda Davis [spiker383@gmail.com](mailto:spiker383@gmail.com) / 774-836-8719

Elaine Burke [emacburke@gmail.com](mailto:emacburke@gmail.com) / 540-272-0433

Soraya Bandeli [sbandeli@comcast.net](mailto:sbandeli@comcast.net) / 617-842-8591

**We are still collecting money to be used toward the purchase of food for families at the Village at Cataumet!** Please consider making a monetary donation to assist with this endeavor of feeding our neighbors in need. 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](mailto:alyssakjendal@yahoo.com) so she can account for your donation in her purchases.) Thank you in advance for your generosity.

**Vacation Church School at Home!** This year we are being given the opportunity to participate in Vacation Church School from the comfort and convenience of our own homes! While it is a bit disappointing that we will not be able to be together for this fun and spiritually enriching time, the bright side is that you each will have the opportunity to intentionally engage your family in learning about our faith as you grow your own “little church” at home. Kh. Alyssa is putting together fabulous “Vacation Church School at Home” kits filled with everything you will need to experience “Vacation Church School at Home”.

If you would like to order a “Vacation Church School at Home” kit, you MUST EMAIL KH. ALYSSA ([alyssakjendal@yahoo.com](mailto:alyssakjendal@yahoo.com)) BY THE EVENING OF SUNDAY 6/21 WITH THE NAME(S) & AGE(S) OF THE CHILD(REN) FOR WHICH YOU WOULD LIKE MATERIALS!

The cost is \$20 per child. Please make checks out to St. Michael the Archangel, put “Vacation Church School at Home” in the memo, and mail the checks to the Kjendals:

P.O. Box 46

Sagamore, MA 02561

You will receive an email when the kits are available to be picked up at the church, hopefully in the beginning of July. If you have any questions or suggestions, please be in touch with Kh. Alyssa!

**Antiochian Village Virtual Summer Camp** is open for everyone (children and adults). There is no cost and it starts on June 15! We cannot wait to engage with our campers, staff, and families throughout the summer through this new and exciting online platform.

Safety is our number one priority at the Village and this includes online safety as well. In order to participate in virtual camp CAMPERS, PARENTS, and ALUMNI will need to sign two consent forms. You can find it at <https://avcamp.org/sample-page/virtual-camp-2020/>

Also we have an Evening Programs! Tune in every Thursday night at 7pm (Eastern Standard Time)! Find the links on our website!

Evening Program Coordinator Nadia Ozone has been working hard to come up with interactive and fun Evening Programs for Virtual Camp!

Most of our programs are being broadcast on Instagram. If you do not have an Instagram, that's okay too! We'll be posting our evening programs online after they are done. You can still participate by following a link on our website!

For more information or questions, please e-mail [nadia.ozone@gmail.com](mailto:nadia.ozone@gmail.com) !