

*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, July 5, 2020**

**Venerable Athanasius of Athos**

**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 THREE: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF ST. ATHANASIUS THE ATHONITE IN TONE THREE (\*\*Awed by the beauty\*\*):

The Angels' ranks were awed by thy life in the flesh, \* how, though corporeal, and clad with earthly clay, \* thou didst set forth with courage to invisible wars and wrestlings \* and didst boldly smite the hordes \* of the demons with mortal wounds. \* Wherefore, Christ rewarded thee \* with abundant gifts in return. \* Entreat Him that our souls find salvation, \* O most renowned Father Athanasius.: O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant peace unto the world, 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.

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, 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

**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, July 5</u></b>	8:30 AM Orthros
	9:30 AM Divine Liturgy
<b><u>Saturday, July 11</u></b>	7:00 PM Vespers
<b><u>Sunday, July 12</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

(For St. Athanasius)

*The saints shall boast in glory, and they shall rejoice upon their beds.  
Sing unto the Lord a new song; His praise is in the church of the saints.*

### **The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)**

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provocation of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

## THE GOSPEL

(For the Fourth Sunday of Matthew)

### **The Reading from the Holy Gospel according to St. Matthew. (8:5-13)**

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching Him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered Him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, He marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the Kingdom of Heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.



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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:** In an effort to ensure we have the most comprehensive collection possible, we have decided to extend the deadline for recipe submission to **JULY 14**. You are more than welcome to reach out to one of us for assistance to get your recipes submitted or to use the form online. We have been thrilled to have fabulous cooks (adults and children) who are in our families and outside of our parish make submissions. We welcome all of them.

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
- Breakfast/Baked Goods



If you have a tough time with the form, then just email any of us the recipe details and form is not necessary.

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.