


*St. Michael the Archangel Antiochian Orthodox Church*

62 Main Street, Cotuit, MA 02635

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

**Sunday, July 12, 2020**

**Fifth Sunday after Pentecost**

**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 FOUR: Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting 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.

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 12</u></b>	8:30 AM Orthros
	9:30 AM Divine Liturgy
<b><u>Saturday, July 18</u></b>	7:00 PM Vespers
<b><u>Sunday, July 19</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 the Fifth Sunday after Pentecost)

*How great are Thy works, O Lord! In wisdom hast Thou made them all.*

*Bless the Lord, O my soul.*

### **The Reading from the Epistle of St. Paul to the Romans. (10:1-10)**

Brethren, my heart's desire and prayer to God for Israel is that it may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says: Do not say in your heart, "Who will ascend into Heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

## THE GOSPEL

(For the Fifth Sunday of Matthew)

### **The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)**

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, "What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged Him, "If Thou castest us out, send us away into the herd of swine." And He said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.



## 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:** In an effort to ensure we have the most comprehensive collection possible, we have decided to extend the deadline for recipe submission to **the end of summer**. 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 be sent to the church, or directly to the Kjendals:

PO Box 46

Sagamore, MA 02561

Also, you can make donation online on our website [www.stmichaelcapecod.org/about/stewardship/](http://www.stmichaelcapecod.org/about/stewardship/)

(If you send a check to the church or make an online donation, 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.