

*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, October 11, 2020**

**Sunday of Holy Fathers of Seventh Ecumenical Council**

**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 THE HOLY FATHERS IN TONE EIGHT: Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

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**

**Sunday, October 11**      9:00 AM Orthros  
10:00 AM Divine Liturgy  
**Saturday, October 17**      5:00 PM Vespers  
**Sunday, October 18**      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 for their tireless efforts in purchasing /delivering food donations!

**NO COFFEE HOUR**

***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 Holy Fathers)

*Blessed are Thou, O Lord, the God of our Fathers.*

*For Thou art just in all that Thou hast done.*

### **The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)**

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissension, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

## THE GOSPEL

(For the Fourth Sunday of Luke)

### **The Reading from the Holy Gospel according to St. Luke. (8:5-15)**

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As Jesus said this, He called out, "He who has ears to hear, let him hear."



# 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

**OCTOBER FOOD DRIVE:** This month we will be directing our outreach efforts to collecting food for the local food pantry. Families are struggling, and we can help ease their burden by donating additional non-perishable food items. If you would prefer to contribute monetarily, please send a check (made out to St. Michael with October Food Drive in the memo) to Kh. Alyssa:

PO Box 46  
Sagamore, MA 02561

Thank you for being a light of Christ to our neighbors in need!

**Zoe House Raffle Basket:** While we had to cancel our annual Fish Feast for Life held in March and supporting Zoe House (a pan-Orthodox crisis pregnancy center), we still have a lovely basket to raffle, with all proceeds going to support this life saving ministry. Some of you have already purchased your tickets, but if you have not, you still have time!!! The winning ticket will be drawn on Sunday 10/18. Please see Michelle, Soraya, or Kh. Alyssa for details and to buy your tickets!

**Narthex Update – Exating News:** We are so pleased to inform you that despite the pandemic, significant progress has been made in achieving our goal of a new entrance and narthex to our beloved St Michael the Archangel Orthodox Church.

Working with our architectural firm, the proposed narthex was expanded an additional three feet making it approximately 10 feet wide. This will make the space in the narthex, and below it, even more beneficial. Because our church is already non-conforming with Barnstable zoning laws, we were required to appear before multiple agencies including the Zoning Board of Appeals. At each one we received an approval to proceed!



So, what's next? Working with the architects, we need to develop "construction drawings" which will be used to obtain proposals from various builders and then begin actual construction. These documents not only address detailed construction components but also design elements such as lighting, flooring, colors, etc. **THIS IS WHERE YOU CAN HELP!** We are asking for 5 to 7 volunteers to serve on a building committee which will discuss and make recommendations on these design elements. We will likely meet twice a month for maybe two months. The meetings will be virtual using zoom.

If you are willing to be part of the design of our new narthex, please send an email to Father Ben ([frbenjamink@gmail.com](mailto:frbenjamink@gmail.com)) before Wednesday October 15th. A kick off meeting with the architect will be held sometime the week of October 19th. John Abodeely or Joe Rahal will be in touch with you. Thank you!

**SOYO FALL BAKE SALE:** SOYO is having a fall bake sale! If you would like to purchase any of the delicious baked goods they will be making, please fill out the order form and email it to [kjendalhomeschool@gmail.com](mailto:kjendalhomeschool@gmail.com) by Thursday, October 15. Pickup will be Sunday, October 18, at noon (after Liturgy). We will bring your order out to your vehicle. Please make checks payable to St. Michael SOYO with "Bake Sale" in the memo. The proceeds from this go towards buying candle stands for the new narthex. Thank you for your support!

↓ THE ORDER FORM ↓

# Order Form

## SOYO FALL BAKE SALE

### Customer Details

Name:

Email:

Phone:

Order Details - description	quantity	unit price	total
<i>Apple Cake</i> (9 x 13 pan)		\$15	
<i>Apple Cake</i> (8 x 8 pan)		\$10	
<i>Apple Crisp</i> (9 x 13 pan)		\$15	
<i>Apple Crisp</i> (8 x 8 pan)		\$10	
<i>Banana Bread</i> (large loaf)		\$8	
<i>Banana Bread</i> (small loaf)		\$5	
<i>Brownies</i> (8 x 8 pan)		\$10	
<i>Chocolate Chip Cookies</i>	___ dozen	\$10/dozen	
<i>Cranberry Bread</i> (large loaf)		\$8	
<i>Cranberry Bread</i> (small loaf)		\$5	
<i>Rice Krispie Treats</i> (8 x 8 pan)		\$5	
GRAND TOTAL			

Please fill out and send to [kjendalhomeschool@gmail.com](mailto:kjendalhomeschool@gmail.com) by October 15.  
Pickup is Sunday, October 18 at noon. We will bring your order out to your vehicle.

Thank you for order!

All the proceeds will go towards candle holders for the new narthex.  
Checks should be made payable to St. Michael SOYO with "Bake Sale" in the memo.