


St. Michael the Archangel Antiochian Orthodox Church

62 Main Street, Cotuit, MA 02635

(508)420-1113 ▪ www.stmichaelcapecod.org  Like us on Facebook

Sunday, March 14, 2021

Sunday of Forgiveness (Cheese Fare)

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 SEVEN: Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world 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 FOR FORGIVENESS SUNDAY IN TONE SIX: O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

TRISAGION PRAYER

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

Arabic Qudoos El Laah, Quodoos 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

As we are starting our Lenten journey, please consider make donation for Pascal flowers

MARCH IS WOMEN'S MONTH

<u>Saturday, March 13</u>	5:00 PM Vespers
	<u>Daylight Saving Time starts! Don't forget to set your clocks one hour ahead</u>
<u>Sunday, March 14</u>	9:00 AM Orthros
	10:00 AM Divine Liturgy
	1:00 PM Vespers with Ceremony of Mutual Forgiveness
	+++ GREAT LENT BEGINS +++
<u>Monday, March 15</u>	6:30 PM Great Compline with the Canon of St. Andrew of Crete (there is the same service at St. George in Norwood at 7:00 PM)
<u>Tuesday, March 16</u>	6:30 PM Great Compline with the Canon of St. Andrew of Crete
<u>Wednesday, March 17</u>	6:30 PM Presanctified Divine Liturgy
<u>Thursday, March 18</u>	6:30 PM Great Compline with the Canon of St. Andrew of Crete
<u>Friday, March 19</u>	6:30 PM Little Compline with the Akathist Hymn
<u>Saturday, March 20</u>	5:00 PM Vespers
<u>Sunday, March 21</u>	9:00 AM Orthros
	10:00 AM Liturgy with procession of Icons for the Sunday of Orthodoxy

*****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!

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 Sunday of Forgiveness)

O chant unto our God, chant ye. Clap your hands, all ye nations!

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.



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ST. MICHAEL HAPPENINGS

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

IF IT'S WEDNESDAY, IT'S SOUP DAY - Support ZOE House, a Pan-Orthodox crisis pregnancy center in Parma, OH:

"Fish Feast for Life" is now "Soup for Life": Instead of our annual Fish Feast, we will be offering homemade soup for takeout every Wednesday and Sunday during Lent and Holy Week. (Fish stew will be offered on Thursday, March 25 - instead of on Wednesday 3/24 - to celebrate the Feast of the Annunciation). All proceeds from the soup sales will go to benefit ZOE House.

The recipes will be pulled from our upcoming cookbook titled:

"THE FOODS THAT UNITE US ... A Collection of Recipes from Our Kitchens, Our Heritage and Our Traditions"

- March 17 Escarole Bean Minestra by Rick Bardine - place your order by March 14
- March 25 Fish Stew** by Rick Bardine – place your order by March 21
- March 31 Russian Beet Borscht by Natalie Leva – place your order by March 28
- April 7 Vegan Taco Soup by Jourdan Clough – place your order by April 4
- April 14 St Basil Soup by Rick Bardine – place your order by April 11
- April 21 Romanian Bean Borcht by Bogdan Dumitrescu – place your order by April 18
- April 28 V8 Vegetable Soup by Zondra Rapazzini – place your order by April 25

Please email Rick Bardine at rsbboston@yahoo.com with your order by the date indicated for each soup.

Indicate which soup(s) you are ordering, what size container, and how many containers.

Pricing is as follows

- \$6 per pint with 1/2 baguette
- \$10 per quart with full baguette/ \$9 for 2 or more quarts with full baguette for each quart

** Fish Stew will be \$8/pint with 1/2 baguette or \$14/quart with full baguette - \$12 for 2 or more quarts with full baguette for each quart.

Pick up options

- Date of Liturgy 5:30-6:15 PM – freshly made soup
- Sunday 11:30-12:30 – frozen soup

Please make checks payable to St. Michael Orthodox Church with memo: "Zoe For Life".

If you are not attending Liturgy, when you pick up, we will offer car service and run the order out to you when you arrive. If you will be attending Liturgy, plan to pick up and take your soup home after the service. If you need delivery, we can offer that on a very limited basis. Please let us know.

St. Michael Cookbook Order Form: The Cookbook Committee is excited to report that we are near completion in producing the St. Michael Cookbook titled **"THE FOODS THAT UNITE US ... A Collection of Recipes from Our Kitchens, Our Heritage and Our Traditions"**. Thanks to the wonderful, talented and creative cooks in our parish, we have put together a dynamic collection of recipes that reflects our diverse church family, its faith, fellowship and, of course, great food. This cookbook, complete with easy to follow directions, color photos, commentary and warm memories from its contributors, make it special and unique for yourself and for those to whom you gift it.

We are hoping for a SUMMER 2021 delivery and are now taking orders. The cost is \$30 each or \$25 each when ordering 5 or more. Order forms can be found at the back of the church and on our website

<http://www.stmichaelcapecod.org/wp-content/uploads/2021/02/St-Michael-Cookbook-Order-Form.pdf>

If you have questions please contact:

Linda Davis – spiker383@gmail.com

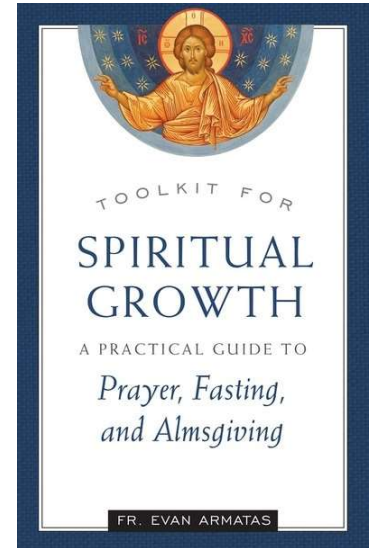
Soraya Bandeli – sbandeli@comcast.net

Elaine Burke – emacburke@gmail.com

SOYO BOOK STORE is receiving Children's books, Lenten books and prayer/psalm books. Please check out our offerings. They will be available as of March 14 – just in time for Forgiveness Sunday as we start our Lenten Journey! Also, don't forget we still have Holy Week prayer books which are an essential resource for all the beautiful services during Holy Week leading up to Pascha and Christ's glorious resurrection.

If there is something specific you need, please check with Soraya Bandeli sbandeli@comcast.net. Please remember that your purchase at the bookstore supports SOYO and our Youth outreach programs. Thank you for all your support of St Michael and SOYO.

Blessed Lent!



Stewardship Pledge Form If you have not sent your Stewardship Pledge Form, please do so. You can download it on St.Michael website:

<http://www.stmichaelcapecod.org/wp-content/uploads/2021/01/2021-Stewardship-Pledge-Form.pdf>

FOOD FOR HUNGRY ANNUAL DRIVE

"...For I was hungry, and you gave me food, I was thirsty and you gave me drink..." Matthew 25:35

As we enter our Lenten season, we are asked not only to fast from certain foods, but also to increase our almsgiving and to help our brothers and sisters in need. The Food for Hungry boxes are available for all to take home and fill throughout Lent. Take the opportunity to make a game out of it with your children, place it in a prominent place in your home or business, be generous with your donations. The need is great and getting bigger. The drive will run through Palm Sunday when we ask you to return your filled boxes.

Thank you for your support!