


*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, April 4, 2021**

**Third Sunday of Great Lent**

**Veneration of the Precious and Life-Giving Cross**

**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 TWO: When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE: O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT: To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE)

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

And we glorify Thy Holy Resurrection. Dynamis! Before Thy Cross we bow down in worship, Master, and we glorify Thy Holy Resurrection.

ST. BASIL LITURGY MEGALYNARION: In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. 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**

Please consider make donation for Pascal flowers

<b><u>Friday, April 2</u></b>	6:30 PM Little Compline with the Akathist Hymn
<b><u>Saturday, April 3</u></b>	5:00 PM Vespers
<b><u>Sunday, April 4</u></b>	9:00 AM Orthros
	10:00 AM Liturgy with Procession of the Holy Cross
<b><u>Monday, April 5</u></b>	7:00 PM Great Compline (we're hosting the service for our Diocese)
<b><u>Wednesday, April 7</u></b>	6:30 PM Presanctified Divine Liturgy
<b><u>Friday, April 9</u></b>	6:30 PM Little Compline with the Akathist Hymn
<b><u>Saturday, April 10</u></b>	5:00 PM Vespers
<b><u>Sunday, April 11</u></b>	9:00 AM Orthros
	10:00 AM 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!

***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 Third Sunday of Great Lent)

*O Lord, save Thy people and bless Thine inheritance.*

*Unto Thee, O Lord, will I cry, O my God!*

### **The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)**

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

## THE GOSPEL

(For the Third Sunday of Great Lent)

### **The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

*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

**Pascha Card Order Form:** If you would like your name on St. Michael Pascha Card, please fill out the form and return it by **April 18, 2021**. The proceeds of this year's Pascha card will be going to St. Michael Women's Group Outreach Projects. You can find the form on our website:

<http://www.stmichaelcapecod.org/wp-content/uploads/2021/03/PaschaCard2021OrderForm.pdf>



**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. 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"***

- 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](mailto: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

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.