



Father Ben Kjendal

(774) 236-4575

OUR WORLD IN CHRIST - FATHER BEN

To the Church of God in Cotuit and beyond, called to be saints together with all those who in every place rightly call upon the Name of our Lord Jesus Christ: Grace and peace from God our Father and the Lord Jesus Christ.

Our Lenten journey is upon us. As wonderful as the coming Pascha is, it can be easy to think of Lent as merely preparation for that which is to come. We often feel as if it is a time that must pass quickly, and one that we can easily ignore. Yes, we see the darker vestments and cloths adorning the altar (in some places these are reserved for only the weekdays of Lent, and the bright colors are brought back out on the weekends), but besides that and a slight shift in our diet, very little else changes. We become spectators waiting for the final act, fans waiting for the last inning to know the final score.

But Lent isn't about watching someone or something else. Our faith is one that calls us to take part, to participate, in the very life of Christ - to walk together in the Church, the body of Christ, that together we might be made perfect in and with Him.

Our life is intended to be a participation in the very Life and Light of the World, Jesus Christ. God became man that He would participate in His very creation, and through Him, through the God-man Jesus Christ, we become participants in Him.

So let us travel together on this journey. Let us participate in this life as a body, indeed as the Body of Christ. As the four men carried the pallet of the paralytic man to Jesus that he might be healed, let us carry each other this Lenten season to the services of the Church that we, too, might be healed. Do not sit on the sidelines, but rather walk together and participate in the wonderful gifts that God has given to us in His Church! And then, having journeyed together on this Lenten walk, let us feast together on the glorious Pascha of our Lord, that we may rejoice together as we enter into the Kingdom of God that has no end.

The peace and love of God, the Father, Son, and Holy Spirit be with you always.

Fr. Benjamin Kjendal

MISSION STATEMENT

The Mission of Saint Michael the Archangel Church is to love and worship God, to grow closer to each other 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, coming together through service, education, stewardship and forgiveness.

LOOKING AHEAD

Wednesdays Pre-Sanctified Liturgy at 6:30 PM weekly
April 16 Pascha
June 23-25 Diocese Parish Life Conference/Bible Bowl – St. George’s Worcester

ORTHODOX MARRIAGE WORKSHOP - FREE

Marriage Preparation and Enrichment - Bishop JOHN will be leading this at St. Mary’s in Cambridge from 10 AM to 3 PM Saturday April 22nd. Open to all – not just those getting married. Register by April 15th call Barbara (617) 547-1234 or email secretary@stmaryorthodoxchurch.org

SOYO – SOCIETY OF ORTHODOX YOUTH ORGANIZATIONS

Our youth group is an active art of our parish life – they have opened a religious items store in our hall and are taking photos for our directory – please see them or email Soraya to set up a time


for your free photo. Lenten service books are available for \$40 with proceeds donated back to our parish Needy Fund.

GETTING TO KNOW YOU...


Patti and George Sowpel – You can probably guess that this photo is We were married in 1993 after growing up next door to each other in Hartford, While we went to different high schools, we wound up together after George Cape one summer. We share many common interests, and our love for each other surpassed by our love for Christ. Patti owns and manages a hair salon in Port and George runs an educational program for at-risk teens at Monomoy High Harwich. Both had other careers – Patti as a computer programmer and George as a commercial banker. Growing up in a Russian-Ukrainian American household George has a love for all things Slavic – especially the food! Patti’s journey to Orthodoxy is rooted in Catholicism back to her days attending a Catholic High School. She enjoys singing in the choir and George is a Sunday School teacher in our parish. They are very happy to have found such a welcoming and warm community at Saint Michaels.



from long ago!
Connecticut.
visited the
is only
Yarmouth
School in

Memory Eternal 

Robert Leva	October 1, 2016
Lillian Taksery	January 29, 2017

Intentions For 

Zoya Shcheglova Coach” Petercuskie

On the Feast of the Annunciation we money for Zoe House – a pan-crisis pregnancies. Proceeds will go to machine.



celebrated with a luncheon to help raise Orthodox outreach that helps women in help them purchase an ultrasound

HAPPENINGS



Saint Michaels' youth group SOYO spent an afternoon at the Hyannis ice rink.

Bishop John
installs the new members
of our Parish Council



Our newest
altar server



Kids attended a pre-Lenten retreat

STEWARDSHIP – JOE RAHAL

As Orthodox Christians, we have been blessed by God with many gifts: all of our Talent, Skills, Time and Resources. We must acknowledge these gifts throughout our daily life by living as Stewards to God, our Orthodox community and to ourselves. We do this by sharing what God has given to us as individuals. One of the best ways of thinking about stewardship is that it is the only truly appropriate response to what God gives us. It is the act of selfless giving. With this understanding and belief, the objective of the Stewardship Committee at St Michael is to identify and promote the time, talent and resources within our parish and to develop and engage those resources by encouraging each and every parishioner to become active stewards of the church on an ongoing basis. Our role as The Stewardship Committee is to work in conjunction with the Parish Council and each individual in the parish to insure Stewardship is seen and understood by everyone to be much more than just pledging. Stewardship is the participation and sharing of all our individual TIME, TALENT and RESOURCES to honor what God has given to each of us. It is easier than you think. When thinking about sharing talent and time, examples include cooking, working with teens, food for the hungry, getting involved with fundraising events. Resources can be use of time and a vehicle for transportation and sharing your professional expertise to help. This also lessens the burden on others who are involved. What this truly means is that we need all of us to raise our hands and to take personal responsibility to be active stewards. We ask and invite everyone to give as Christ gave. There is no better feeling than to give of yourself to help others. Please let anyone on the Parish Council or Stewardship Committee know how you would like to participate in this most important mission of stewardship at St. Michael.

Committee members: Fr. Ben, John Abodeely, Pauline Rassias, Soraya Bandeli

PARISH LEADERSHIP

President – Joe Rahal jrahal@rahalconsulting.com

Vice President – John Abodeely

Secretary – Pam Hitchins

Choir Director – David Easa

Council Members – Renata Shapovalova, Paul Manikas, Anastasia Klokova

Women's Group President – Elaine Burke emacburke@gmail.com

Treasurer – Soraya Bandeli sbandeli@pegasus3logistics.com

Asst. Treasurer – Pauline Rassias

Corresponding Secretary – Patti Sowpel

Church School – Natalie Leva

KIDS CORNER



How Do We Help the World With Our Beliefs? by Mary Kjendal

When you see the world and all its people in it you see pain, suffering, sickness, poverty, war, and death. How can we, as Orthodox Christians, help that? We can help that by praying to God, feeding the hungry, and giving money to the poor. We can also give to the food pantry and share our homes with the homeless. All of those things we should work very hard to do. As Orthodox Christians we can strive to be examples of Jesus. The most important way to do that is probably to love. The reason why I think that is because God is love. And we try to love everybody.

We, As Orthodox Christians, Can Help the World by Erika Kjendal

All around the world there are wars, poverty, hunger, and fighting. We, as Orthodox Christians, have the power to stop that with our faith and beliefs. God tells us to love our enemies and to love our neighbors as ourselves. If everybody in the world followed those two Orthodox beliefs, there would be no wars, poverty, hunger, or fighting. That all happens when people forget to love others and they begin to think that they are the most important people in the world. Not everything that is happening is because people are selfish, though. Many people are being led astray from the Truth and beginning to believe things in extremes or nothing at all. We can help battle the evil in the world, though, by, first and foremost, being an example, a Christian example. We can be an example to the world by feeding the poor, going to church, loving others, and acting in other Christian ways. The most important part of being an example is praying – for the world, for your enemies, and for all the suffering. That is the best way to help the world.

SAINT MICHAEL'S WELCOMES EVERYONE! FATHER BEN KJENDAL (774) 123-4567
SUNDAY LITURGY 9:30 UNTIL LABOR DAY - 10:00 AFTER SATURDAY VESPERS 5 PM

St. Michael Orthodox Church
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