



Father Ben Kjendal

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OUR WORLD IN CHRIST – FATHER BEN

*“Blessed are the poor in spirit,
For theirs is the kingdom of heaven.
Blessed are those who mourn,
For they shall be comforted.
Blessed are the meek,
For they shall inherit the earth.
Blessed are those who hunger
and thirst for righteousness,
For they shall be filled.
Blessed are the merciful,
For they shall obtain mercy.*

*Blessed are the pure in heart,
For they shall see God.
Blessed are the peacemakers,
For they shall be called sons of God.
Blessed are those who are persecuted for righteousness’ sake,
For theirs is the kingdom of heaven.
Blessed are you when they revile and persecute you,
and say all kinds of evil against you falsely for My sake.
Rejoice and be exceedingly glad, for great is your reward in heaven,
for so they persecuted the prophets who were before you.”*

The Beatitudes (Matthew 5:3-12)

Dear children of God on Cape Cod and beyond,

Grace and peace be with you all!

As we trudge along through these “dog days” of summer, the heat and humidity sometimes saps all of our energy out of us. Try as we might to find respite at the beach, on vacations, or even just in the air conditioned comfort of our car, the easy way out can be letting laziness get the best of us. And so we put off doing the things we need to be doing at our homes, with our families, or at work.

There are times when those “dog days” seem to be the season in our faith, as well. We get tired and often lazy, sometimes taking the easy way out of the road before us. But the Way of Life, the way that is set by Christ who is himself the Way, the Truth, and the Life, sets us on a road to salvation, and it takes hard work and perseverance. In the beatitudes Christ sets this way before us. It is a way that is very different than what we see around us. We are constantly bombarded with examples of how not to act: by celebrities, politicians, and even friends and family. Rather than humility and meekness, pride and power are exalted as qualities to emulate. Often the only sense of lowliness that is lauded is a false humility that seeks recognition: “How wonderful I am that I can think of others so much more so than myself”.

Instead of mourning our sins, we mourn how others sin against us. Rather than find our strength in meekness

and gentleness, we seek after power and control, ignoring that the tighter we hold our grip, the more that control slips away from us. We keep filling our stomachs and our minds with junk food of the body and the soul, finding that we are never satisfied, instead of drinking from the well of eternal life from which we will never thirst again.

Rather than being filled with ourselves, let us be filled with mercy for those around us. Instead of being caught up with the bickering and backbiting of others, let all of the words that come out of our mouths be a witness to the love and peace that is present in us through Christ Jesus, the very Son of God. Let us open our eyes with a pure heart that we might see God around us and within us, rather than letting our sight be clouded with the darkness of selfishness and self-righteousness. And let the world speak falsely against you because of these things - don’t react with anger or hatred, resentment or pride, but rather rejoice knowing that great is your reward in heaven.

Don’t let the dog days of summer, or your lives, keep you from fulfilling the task that God has for you at hand. Keep your hearts and your minds focused on the true respite that is found in Christ Jesus, that in walking the Way of Life you might know true peace and comfort, and through the mercy of God know the very joy of being in the kingdom of heaven.

Peace and love in Christ. - *Fr. Benjamin Kjendal*

LOOKING AHEAD

Sunday Sept 10	Church School begins – Liturgy moves to 10:00 AM until next summer
Saturday Sept 30	All invited to share ideas on how we put our vision for St. Michaels into practice
November 18	International Food Festival

DIOCESE PARISH LIFE CONFERENCE

Our parish was well represented at the recent Parish Life Conference. A highlight was our pre-teen group of Erika, Anders, Mary and Nicholas placing third in the Bible Bowl competition. Eighteen teams competed – including many older kids and some adults – with the focus being *The Gospel of Mark*. First time competitors Mary (so well prepared!) and Nicholas (entering the second grade!) helped the team immensely. The true prize is the knowledge gained of the Gospel and the love for Christ the kids displayed in how well they prepared.

SOYO – SOCIETY OF ORTHODOX YOUTH ORGANIZATIONS

St. Michaels is proud to offer a SOYO chapter to the youth of its parish. SOYO is the youth program in our Archdiocese. We started our SOYO program in September 2016 to live out our Orthodox Faith through our four pillars: Worship, Witness, Service, and Fellowship. Our members have done amazing work in their first year as they visit a homeless shelter monthly to bring joy to children and families in transition; participate in the spiritual growth of the parish by being in attendance at church services and helping where and when they can; run a religious items store to serve the needs of our parish and donate all proceeds from the store BACK TO ST MICHAEL's to be used in a discretionary fund to help those in need. To date SOYO has donated \$550 to this discretionary fund through the generous support of our parish through fundraising and through store sales!! They support each other as a family by having social events and attending each other's sporting and cultural events - true brothers and sisters in Christ!!! By the end of our first year, we have elected a board of amazing future leaders.

President - Mircea Dumitrescu Vice President - Mary Kjendal Treasurer - Anders Kjendal

Secretary – Erika Kjendal and Historian – Chace Clough. Congratulations to all of them for their hard work and dedication. They are examples by which we can all live our lives! Looking ahead: October is Youth Month in our Archdiocese. Our youth will be very active in reading the Epistle, collecting the offering, hosting Coffee Hour and raising funds for our national project: Special Olympics at Antiochian Village. May God grant them MANY YEARS! +In Christ+ Soraya Bandeli

Memory Eternal



Archpriest Dimitry Konstantinow	11 year anniversary (from Hyannis chapel)
Lillian Taksery	6 month anniversary

Intentions For



In Thanksgiving for the newly baptized
handmaiden of God Emmelia
For the health of “Coach” Petercuskie

HAPPENINGS



Father Ben provides last minute Bible Bowl advice and calms everyone down!



Erika, Mary and Nicholas at work! Anders helped build a strong score in the first half.



Our youngest parishioner Emmelia joined the Kjendal family this Spring!



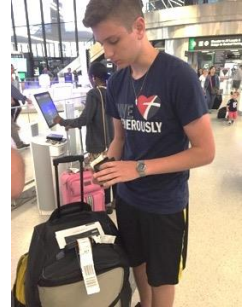
A group of parishioners (and friends) came together to help clean up our yard and parking lot.



SOYO kids led by Soraya opened a boutique for religious items!



David brought a group to a choir workshop.



Our kids went to camp at Antiochian Village.



Holy Week and Pacha were as beautiful as ever!



Father Nick and Presbytera Effie visited us!



A parish-wide fish fry was held to raise money for Zoe House - a group that helps women with their pregnancies.



Our parish was well represented at the Cotuit 4th of July parade!



Beautiful basket that was donated.



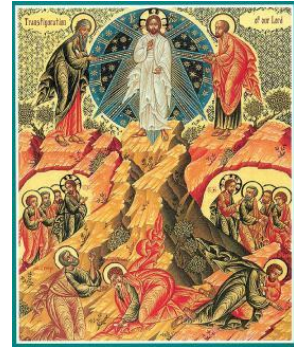
THE FEAST OF THE TRANSFIGURATION - BY MARY KJENDAL

On August 6th, we celebrated an amazing feast, the **Transfiguration**. That morning, we woke up and celebrated Divine Liturgy. During Liturgy, we heard the wonderful Gospel of how Jesus took Peter, James (Son of Thunder), and John the Theologian up to Mount Tabor. There, Jesus' clothes turned "exceedingly white" (see Mk 9:3), and Moses and Elijah appeared, talking to Him.

After that, Peter, not knowing what to say, asked if he should make three tabernacles: one for Elijah, one for Moses, and one for Jesus (see Mk 9:5). Then, a cloud covered Jesus, Moses, and Elijah; a voice identified Jesus as the Son of God, the cloud lifted, and only Jesus was left standing there. He asked them not to tell anyone anything that had just happened until the Resurrection.

Most of us probably know the story, but do we know any of the meaning?

- Elijah: 1. He represents the prophets
2. He experienced God on Mount Carmel
3. He was living when taken to heaven
- Moses: 1. He represents the law
2. He experienced God on Mount Sinai
3. He died before he got to the Promised Land
- Jesus: 1. He is the fulfillment of Prophets and Law
2. He is the God of living and dead



GETTING TO KNOW YOU... BY ERIKA KJENDAL

Our father in Christ, Father Ben Kjendal, was twenty-one years old when he started at a Lutheran Seminary in



Missouri called Concordia Seminary St. Louis. He switched seminaries in his spring semester and moved to Indiana to study at Concordia Theological Seminary Fort Wayne. There, he got interested in an Orthodox Church nearby called St. John Chrysostom. He started going to Vespers there in the spring of 2003. Fr. Ben and Khouri Alyssa both worked at SonRise, a Lutheran summer camp in the Adirondacks of New York, that summer, as they had for several previous summers, and they married in January of 2004. They started attending Vespers at St. John Chrysostom together regularly, but, before long, they had to leave Fort Wayne, at first for another summer at SonRise, and then for South Dakota so that Father could serve as a Pastoral Assistant there. Unfortunately, there was not an Orthodox church nearby. They stayed in Brookings, South Dakota for almost a year, and their daughter Erika was born on

Thanksgiving of 2004. In the fall of 2005, after yet another summer at camp, they moved back to Indiana so Fr. Ben could finish seminary, and the whole family started attending Vespers and Liturgy again. There, in Fort Wayne, Anders was born in March of 2006. Father finished seminary in the spring of 2006, and he started serving as a pastor at Trinity Evangelical Lutheran Church in Brooklyn, New York. The family still found time to go to Vespers, though, at the nearby St. Mary's Antiochian Orthodox Church. The following year, in December of 2007, their daughter, Mary, was born. Not long after, Fr. Ben resigned as a Lutheran pastor, and the Kjendal family was chrismated in May of 2008 at St. Mary's. From there, they moved in with Fr. Ben's parents for six months in New Hampshire and attended a Greek Orthodox church. Soon, they moved into their own house in Lancaster, Massachusetts, and they started going to Holy Annunciation OCA Church. They lived there for six years and Nicholas, Peter, and John were all born. After long talks with Bishop John, Father was ordained an Orthodox priest on June 30, 2013. He pastored the mission church in Springfield for a little more than a year, but then, he was transferred here. You know the rest. No, you made the rest. You welcomed the Kjendal family into your family, and, in your embrace, you made everything possible.

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.

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*

WOMEN'S GROUP - ELAINE BURKE

St Michael's Women's Group is planning its annual International Food Festival for the Saturday before Thanksgiving, November 18, 2017. Planning for the event is underway and anyone who would like to participate is encouraged to join in the fun. Much of the baking will be done in the St. Michael's kitchen and we will be working together to produce some of the more time consuming recipes. Whether you are a novice baker or an experienced professional we need you help to make this event a success! Please feel free to speak with Elaine Burke or Jourdan Clough to see how you can help us in this fun parish activity.

PARISH LEADERSHIP

President – Joe Rahal jrahal@rahalconsulting.com

Vice President – John Abodeely

Secretary – Pam Hitchins

Choir Director – David Easa

Council Members – 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



WHY DO WE GO TO SUMMER CAMP? BY MIRCEA DUMITRESCU

The Antiochian Village is a quiet and peaceful place to recharge our faith. We travel from all over the country, and in some cases, the world. All the preparation we go through of buying airplane tickets, using money for gas or trying to get scholarships is all for one purpose: our faith in Him.

The camp brings us spiritual warmth that can only be brought by the special counselors that are chosen every year. All that we do at camp is through Christ who strengthens us.

I (am a 16 year old camper ...) and have been attending (...) since I was 10. I never once wanted to leave the village because it brings us a type of feeling that can't be found anywhere else. Father Anthony, Marek and Chris work extremely hard to make our summer the greatest it can be. The feeling we get when we pass through the arch and step on the holy ground is "I'm home." *Excerpt from a letter in support of Antiochian Village Camp*

A SUMMER SUNDAY ON THE ALTAR BY ANDERS KJENDAL

At about 9:00 AM, the altar boys get to church, fold our vestments (that have been hung since last Sunday to prevent creasing), get them blessed by Father, and put them on. We get the censor ready (by lighting the charcoal), light the candles, and help Father Ben with the Proskomedia, the Liturgy of Preparation.

At 9:30 all is ready. An altar boy gives Father the censor, and I go out from the altar to the chanter's stand to sing the Great Doxology with David Easa and another choir member. The next thing the altar boys do is the Little Entrance; two altar boys with candles precede Father with the Gospel. The altar boys go in the side doors while Father goes in the Royal Doors, the doors in the center of the iconostasis. For the Gospel reading, two boys with candles and two boys with fans go out of the altar when Father says, "Peace be to thee that readest." The altar boys stand with one fan and one candle on each side of the Royal Doors. After the sermon, Father censes the iconostasis. Then, it is time for the altar boys to prepare for the Great Entrance. We get two candles, the cross, the censor from Father, and two fans to be used in the procession around the church with the Holy Gifts.

When the Great Entrance is over, we stand attentively to do the pre-Communion prayers. At the Creed, we heat the water that will be poured into the wine because blood and water came out of Jesus' side at the crucifixion. During the final preparation for Communion, we give the water to Father. At Communion, we take turns holding the bowl of blessed bread. For the dismissal, we all go out from the altar, kiss the cross, take off our vestments, and the sub-deacon stays to read the post-Communion prayers to Father Ben.

SAINT MICHAELS WELCOMES EVERYONE! FATHER BEN KJENDAL (508) 420-1113

SUNDAY LITURGY 9:30 UNTIL LABOR DAY – 10:00 AFTER SATURDAY VESPERS 5 PM

St. Michael Orthodox Church
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