

STELLA&DOT

ST. MICHAEL NARTHEX CAMPAIGN FASHION SHOW LUNCHEON

Sat, Nov 23rd 12-3p
62 Main St Cotuit

Tickets \$25
Lunch, door prize & raffles

Fashion Show Luncheon to benefit the Narthex Project Campaign

Featured will be Fine fashions from W by Worth and accessories including jewelry, purses and scarves by Stella and Dot.

Luncheon of Greek Lemon chicken, rice pilaf and Greek salad includes coffee and Greek pastry for dessert. All this as well as a door prize and raffle for just \$25.

Contact Jourdan Clough,
St. Michael the Archangel
Orthodox Church, Cotuit,
508 420-1113 for tickets.

St. Michael the Archangel Orthodox Church welcomes everyone! Father Ben Kjendal
(508) 450-1113

SUNDAY LITURGY 10:00 AM — CHURCH SCHOOL 9:15 AM

SATURDAY VESPERS 5:00 PM

St. Michael the Archangel
Orthodox Church
62 Main Street,
Cotuit, MA 02635

November 2019 Newsletter

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A message from Fr. Ben Kjendal

Dear children of God on Cape Cod and beyond, grace and peace be to you from God our Father and our Lord Jesus Christ.

The months of November and December are filled with the commemorations of many of the great prophets, apostles, holy fathers and great martyrs of the Church as we prepare ourselves for and celebrate the feast of the Nativity! And, significant for us at St. Michael in particular, on November 8th we celebrate the Synaxis of the Chief of the Heavenly Hosts, Archangel Michael and the other bodiless powers, our patronal feast. This feast, beginning in the fourth century, was established in November, the ninth month after March (with which the year began in ancient times) since there are Nine Ranks of Angels. The eighth day of the month was chosen for the Synaxis of all the Bodiless Powers of Heaven since the Day of the Dread Last Judgment is called the Eighth Day by the holy Fathers. After the end of this age (characterized by its seven days of Creation) will come the Eighth Day, and then



“the Son of Man shall come in His Glory and all the holy Angels with Him” (Mt. 25:31).

At various times in our Liturgy and other services the angels and other bodiless hosts are mentioned, though we often don't hear it (because it is in the prayers of the priest) or miss it (because it is during a service we aren't attending). In the exorcism prayers at the beginning of the baptismal service, we pray that God would *“yoke unto his (or her) life a radiant Angel, who shall deliver him from every snare of the adversary, from encounter with evil, from the demons of the noonday, and from evil visions.”* In the Litany of Supplication (at Vespers, at the end of Orthros prayed quietly at the altar, and during the Liturgy) we pray *“An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.”* During compline we pray *“Compass us round about with Thy holy angels; that guided and guarded by their host, we may attain unto the unity of the faith...”* Throughout the Liturgy they are remembered as we cry aloud with them the thrice Holy hymn! Indeed, whenever we gather together to celebrate and participate in the Liturgy, we gather with the angels and archangels, as well. This is a humbling thought, and should be reflected in our experience, as well.

The angels and archangels are with us as we pray and worship, so do we give them appropriate attention in the rest of our lives as well? In a time when demons and evil visions are all around us, do we call upon our angel to be round about us and deliver us from the snare of the evil one? Or have we, like so many others in this world, forgotten the reality of the angels in our own lives? Have we become so enthralled by the technological and material “progress” surrounding us that we've lulled ourselves into thinking that we live in an angel-less world? Have we limited our worldview to be so superficial, so flat, that we fail to see the depth and breadth of the beauty of God's physical and metaphysical creation?

There is an order, a rank, to the angels that God has created. From the highest, the Cherubim and the Seraphim, down to the lowest, our guardian angels. Like in all of God's creation, God creates as a reflection of Himself. And each rank bears the marks of our Creator. Each lives for the sake of love for heaven and earth, and ultimately for the sake of the heart of creation, humanity. Make friends with the angels, especially with your guardian angel. Don't let yourself be trapped in the limited space that is defined by others around you, rather than by God. Open yourself up to the enormous beauty of the Divine Love of the Holy Trinity, the basis of all reality - and certainly of our reality. Let the angel to which you were yoked at Baptism, that had been assigned to you long before you were even conceived, before our physical universe was even created, guard you and guide you to behold the face of God.

Peace and joy in Christ Jesus.

Fr. Benjamin Kjendal

* If you would like to read a short but beautiful narrative about angels, I encourage to read this reflection by Fr. Jonathan Tobias on his website,

<https://janotec.typepad.com/terrace/2019/10/the-better-angels.html>



Weeds and leaves and dirty walls... – by Joe Rahal

You may ask, “what do weeds, leaves and dirty walls have to do with our Church”?

Well, they represent an opportunity and define one meaning of stewardship: to give back of our time and talent to God in just a small way for how he blesses us. During the summer, several of our parishioners, both adults and children, gathered in the true spirit thanking God for the blessings he bestows upon all of us.

Yes, there are many other examples – the recent International Food Festival and Yard sale, women working in the kitchen, men cleaning the church on a weekly basis, others teaching our youth about Orthodoxy, singing in the choir, and too many others to name. And, we thank everyone for their efforts.

Along with giving back to God, these events and activities further the building of our St Michael community by bringing us together in a way that helps us get to know one another in a deeper way. Giving of our time and talent by getting your hands dirty together and improving the appearance of our church exemplify stewardship.

Please think of ways in which you can contribute your time and talent for the growth of our St Michael parish community. Thank you one and all for what you do for our parish community. As a recent Epistle reading from St. Paul to the Corinthians states:

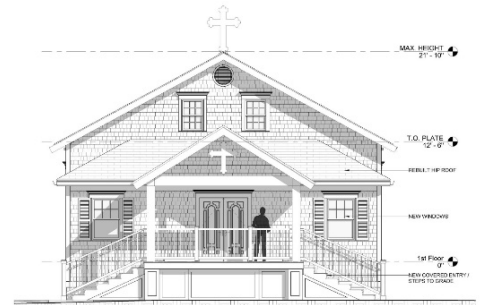
“Brethren, ... he who sows bountifully will also reap bountifully ... not reluctantly or under compulsion, for God loves a cheerful giver”...

Narthex Update – by Co-Chairs John Abodeely & Joe Rahal

Our Narthex brochure clearly announces the objective of our Narthex project –

“Adding a Narthex. Ensuring our Future”

Our work began back in January 2019 with conversations with Bishop John, other churches in the Northeast, architects and construction companies. We needed to get Bishop John’s blessing and to gain insight and perspective on what we might encounter and what to expect during the exploration, feasibility and due diligence processes associated with building a much-needed Narthex.



In June 2019, we presented our findings (preliminary design and budget) and a first draft of design concept to the entire parish and took a vote on whether to proceed with next steps of the project. And, with confirmation from the parish, we then began the critical process of raising funds.

In August, we embarked on our capital campaign and have made much progress in moving closer to our target of \$325,000. We have been blessed with a number of generous donations. However, an important goal is to achieve full participation from our entire parish. With full participation, it sends a message that all parishioners are truly committed to the future of St Michael’s. This clearly makes it easier to pursue outside contributions.

We pray for your help in making a new Narthex a reality. It will allow us to expand our Sanctuary, help prepare individuals for the gradual movement into the nave and enhance the liturgical experience for our entire parish and guests. It is the next step in securing the future of our church.

Sacred Music Institute – by David Easa

Sacred Music Institute is a wonderful event each summer at Antiochian Village. We not only have the benefit of learning new music, vocal techniques, directing & conducting techniques, chanting and music theory, but we are also blessed by wonderful insights by our keynote speakers every year. We have been blessed to have discussions with Metropolitan Joseph, Bishop Thomas, Bishop Anthony and our own Bishop John. Here I would like to share a couple of beautiful thoughts from this year's lessons with our Bishops:

"In Liturgy and Sacrament, the Choir is the Iconographic Image of the Audio Communion of the Church and our God."

Ok, that sounds nice, but what does it mean? He went on to explain:

"The Job of the Choir is to allow people to hear the Angels in Heaven praising God"

...boy if that doesn't put pressure on us! We hear the words every week:

*"We who mystically represent the Cherubim
and sing to the lifegiving Trinity the thrice holy hymn".*

Did you ever actually think about what those words mean?

And the Bishop went on to say that it's not just the praises of the Angels in Heaven, it's the Whole Body of Christ – Everyone – Angels, Saints, People, All of US! Throughout the entire Heavens! He's not Christ 'their' God or just 'Christ God', he's Christ OUR God!

So, in the Liturgy and in the services of the Sacraments, the Choir's Job is to bring the sound of the Heavens to earth! That is one GIANT task! Thankfully God is forgiving! It makes perfect sense though, in all of our services we have incense, icons, candles, the priest who is the physical representation of Christ. In Divine Liturgy we have Communion, and the Kiss of Peace. We have smells, sights, taste, touch, of course there should also be sound! It is the experience of Heaven through all of our senses!

I will share one final thought from one of our Bishops at SMI this past summer: We sometimes think in terms of bringing the lessons and thoughts and feelings from Church back home with us into our daily and weekly lives. This is a wrong perspective for Christians. For Christians, the Church is home, we come Home to Divine Liturgy and the other services. The Church is our daily and weekly life. We need to live our Church Life fully so that we can then bring that with us to share with the world.

SOYO – by Erika Kjendal

SOYO has been doing some exciting things recently and I thought I'd share some of them with all of you! Earlier in October, many of us attended the diocesan SOYO and family fall camp. It was a wonderful weekend full of faith, fellowship, and, of course, fun. I had an amazing time, and, judging from the smiles on their faces, everyone else did as well.

The next weekend was the food festival, and several of us were around to help with that. The weekend after that was also eventful because after church on Sunday, we all went out to lunch and then came back to watch a movie together. The movie was Wonder and it turned out to be very good!

Looking forward, we hope to organize some sort of fundraiser for an Orthodox family in Texas who is looking to adopt four Ukrainian children. More details will come out shortly. If you have any ideas or could help in any way, please let me know!

That is a brief update on what our SOYO chapter has been doing this past month. If any of these events sound interesting to you and you know anyone who is nine to eighteen years old, please invite them to come to church and to participate in any upcoming activities! We are always looking for more young people to join us so we can strengthen our faith as a community.



Stewardship – by Joe Boruch

Stewardship is a way of life. A steward is a person who manages or looks after another's property. That "property" is from God. Every part of our life is a gift from God. As Christians we are called to offer back a portion of those gifts to God. These gifts include our time, talent, treasures, and testimony.

Giving of our time to God and the church includes attending and participating in Sunday Divine Liturgies; Vespers; and Feast Day services, time praying, time visiting the sick, time teaching, time in Christian fellowship, and so on. Time doing the Lord's will.

We each have God given talents and we are called to use those talents to spread the Gospel and build God's church. In Romans 12:6 – 8, St Paul says

"Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness".

St Paul is speaking about the talents that each of us has been given from God and using them to do God's work.

Testimony has not often been included in discussions of stewardship, but it is equally important. Testimony involves using our time and talents sharing transformative experiences with others, inviting others to the church, being a welcoming community, Bible study, education, spreading the Good Word, etc. We are all called to be missionaries. Christ instructs us to *"Go therefore and make disciples all nations..."* (Matthew 28:19). Our missionary journey does not need to be in a faraway land, but rather can be in our parish and/or community.

Often in church our stewardship discussion focuses on treasure – money. Jesus spoke more about money than prayer. In the Bible there are 2450 passages about money. Alms giving is the forgotten sacrament of the church (St John Chrysostom). God does not need anything – He is not needy. We need things – church building, heat, lights, air conditioning, comfort, priest, and on and on. These "things", as well as spreading the Gospel, feeding the hungry, clothing the needy, require money.

In 2 Corinthians 9:6-7, St Paul tells us

"But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver".

This applies not only to money, but also time, talent, and testimony. Give bountifully now to build up treasures in heaven.

As disciples of Christ, we strive to have an attitude of what can I give to God and his church, rather than what can I get from the church. We are called, in Exodus, to give of our "first fruits". Give the best of our harvest. You would not give an important visitor to your home leftovers, therefore let's not give God our leftovers – give of our first fruits. We are called to give throughout the year rather than waiting until the end of the year to see what we have left to give.

Giving our time, talent, treasure, and testimony is a ministry that we are all called to. We are all disciples of Christ. As members of the Body of Christ, we are called to be stewards with an attitude of gratitude.

Getting to know... **Anastasia Klokova** – by Patti Soupel

We are grateful to have two very talented Choir Directors at St. Michael. Anastasia often leads the group when David Easa is not here and she brings a gentle humility in addition to her beautiful and strong voice.

What was your childhood like and how did you get interested in music?

I was born in a small town, not far from Moscow, Russia. That time it was a communist country, the Soviet Union. The majority of churches had been closed, priests were not allowed to teach people about the Orthodox faith, nor to say sermons from the ambo. We couldn't buy a Bible in a bookstore or take it from a library. Although I was baptized when I was a baby, my mother went 400 miles from Moscow to do that. But as I was growing up I knew nothing about Christ or Orthodoxy. I even didn't know that my great grandfather Peter was an Orthodox priest in Belarus. After the revolution in 1917, he was imprisoned by the communists and most likely was sent to Siberia. We still know nothing about his fate.



Anastasia's great grandparents

So, I was growing up as a Soviet kid. In addition to regular school, I was studying piano in a music school for children, but my favorite class was choir singing. We had a substitute one day – filling in for our regular teacher and he started to teach us 'Ave Maria' by Schubert. It was the first sacred song for me.

After the collapse of the Soviet Union, we started to get more information about Christianity. I remember several Protestant pastors from the US visiting our school, and they gave us colorful brochures about the life of Jesus Christ. Also, at the age of 12, I remember going to a church on Palm Sunday with pussy willows.

It was a long service in Slavonic, I understood nothing and I was thinking that the old priest with grey hair and long beard was God himself. ☺

How did you grow further into the Orthodox Faith?

At the age of 19, at a birthday party, I was introduced to a young man, who was an altar server in one of the Orthodox churches in Moscow. I started to ask him questions about the Orthodoxy and he agreed to teach me some basics. During the whole summer, we had meetings from time to time. He gave me the book 'Son of Man' by Fr. Alexander Men, and took me on a tour of some Moscow Orthodox Churches, which were the most loyal to young people. Also, he gave me his translation of the Divine Liturgy from Slavonic to Russian with comments. That was the first time I found out about the Eucharist and Communion. I read the Gospel, of course the shortest one!, from St. Mark, went to confession and started to attend the Liturgy regularly. But then summer was over and I became very busy with studying math at the University and I stopped going to the church.

In 2005 after graduating with a Master's Degree in computer science and working full-time as a computer programmer, I realized that there was a big hole inside of me and that only God could fill it. I started to read the Gospel again. Also, I was reading Dostoevsky's novels which of course are very spiritual. Several months later I returned to the church.

Did you always sing in the church choir?

In 2006, as usual, I was attending Liturgy at our church in Moscow and was singing with the congregation. One of the altar servers passed by and told me I should sing in the choir. After the Liturgy, he introduced me to the choir director and soon after that I started to sing in the church choir. We had many professional musicians in our parish because the Moscow Conservatory of Tchaikovsky was only a five minute walk away. Because my knowledge of church music was limited, I attended a one year course on church singing (Russian Orthodox tradition). We studied Obichod (Russian eight tones), Liturgics, the Typikon as well as solfege and vocal technics. In 2010 our choir director graduated from the University and went back to her hometown, and I became a conductor.





Tell us about your family.

In 2011 on St. Thomas Sunday Yury Klovov and I had a church wedding. We have two sons: Mikhey (Micah) is 7 years old and Elisey (Elisha) is 4. We moved from Russia to Cape Cod almost five years ago. We were a part of a really good parish in Moscow. So, my only concern was if we could find a good Orthodox parish here. And we had found it here - because *God had planned something better for us* - which is St. Michael the Archangel Orthodox Church and its parishioners!

Recipe Box – by Pauline Rassias

Hello! I have finally been able to get the recipe for Tatiana's famous Russian potato salad! We all look forward to enjoying some at Fellowship when Tatiana shows up at church with a bowl of that delicious salad always with dill and some kind of fruit, usually apple. Most of us know that beautiful lady with the thick wavy hair and warm welcoming smile who lends her beautiful voice to our choir on Sundays. If you haven't met Tatiana Rojdestvenskaia yet, seek her out.

P.S. she also makes and brings to fellowship hour Russian pies of all varieties. Another of my favorites! See you next time. Hopefully with a recipe from you!

Russian Salad (Salad "Olivier")

- 1/2 onion
- 2 medium boiled potatoes
- 2 medium boiled carrots or 1 medium boiled sweet potato
- 1 medium cucumber
- 4-5 pickles
- 3 boiled eggs

Can add following (optional) one oz:

- white chicken meat / boiled beef / ham / sausage
- canned green peas
- dill or parsley

Dice everything, add mayonnaise



Food for Thought (Without the Food) – by Mary Kjendal

For this newsletter article, I was planning to write about Food for Thought. However, I was unable to attend because... our car broke down. So, I think I owe you a story. Thanks be to God, our car stopped working while driving in a Costco parking lot, though, not in the middle of the highway. Still, we waited and waited for a tow truck, while redirecting all the cars who waited behind us. Then a tow truck came, but they said that they couldn't tow our car because we were too big. Eventually, a man came up to us and asked if our car needed a jump start. We explained that, no, it was a different issue that required a tow, but he stayed, and he tried to find the problem, as well as call AAA for another tow truck to come. Other strangers, too, came and asked if we needed a jumpstart, and one stayed for a little to help us tell cars to drive around. When a tow truck finally came, another stranger drove Anders and Mom to get our rental car, while Erika, Lucy, and I stayed at Costco to, yes, shop. The man who had initially stayed to help us remained until our car was towed and on our way. When he was offered a small gift card, he declined, saying, "Pay it forward."

So although we live in a fallen world, we should still remember that there are even now strangers in this world with friendly, good, and kind intentions who are always ready to lend a helping hand. ☺

Make it Personal – by Alyssa Kjendal

A package of socks. A box of pencils. A stack of books pulled from a forgotten shelf. A few cans of soup. Each month it's a new project to help the homeless, the impoverished school children, the prisoners, the hungry. The list doesn't end there: unborn babies and their mothers, the sick, the lonely, those struggling with addiction, widows, orphans. The needs continue. Month after month. Year after year.

In the midst of our own busy lives, our own struggles, our own hardships, it's easy to become complacent, to think we're doing enough, to check the box on our "to-do" list and move on. While God does indeed call us to tangibly help those in need with food, clothing, and shelter, He also calls us to a much greater and a much more difficult task. He calls us to love, face to face, those who are hurting and are in need and are hard to love. That love goes deeper than picking up a few extra items at the grocery store, bagging up discarded clothes from our closet, or sending a card. It's giving a hug, drying tears, listening without judgement. It's looking someone in the eyes and letting the love and the light of Christ shine forth from you as you joyfully give of yourself to help that neighbor in need.

I encourage you to make it personal, but you don't have to wait until it's time to deliver Thanksgiving meals or host a Harvest Festival. Notice the homeless man who is always sitting on the park bench. Start a conversation. Bring him a sandwich. How about that lady who sits a few rows behind you in church most Sundays? Do you know her name? Do you know her story? The opportunities God gives us to love and serve Him by loving and serving others are endless. As we buy that box of stuffing, make that batch of cookies, tie that scarf around a tree, may we do so with open eyes and open ears and open hearts, that we might not miss a chance to make God's love personal to one of His children in need.

SOYO Retreat Overview – by Anders Kjendal

The SOYO retreat was a fun, spiritual, friend-filled event. We got to St. Methodios Camp & Retreat Center at about 7 o'clock on a crisp Friday evening in October and met our counselors. They were counselors from AV camp who we know and love. We went to our cabins, dropped our stuff, claimed our bunks, and went back to light a fire. We lit it, and to draw people to its light, fellowship, and warmth, we started to sing the Pascal hymn, "Come, Ye, Take the Light". Around the fire we and the counselors led the families, who were at a Family Camp in conjunction with us, in singing classic songs like "Sweet Caroline", messing them up, and then, laughing, starting a new one. The little ones were gooey messes, covered with s'mores. Everybody was singing, talking, and laughing. And that was just the first few hours.



The morning was full of breakfast, Orthros, and Morning Program (affectionately known by us campers as "MoPro"), which is faith filled classes, led by our wonderful counselors. Afternoon Program was an afternoon filled with canoeing (which somehow got some teens stranded on a floating dock), basketball, arts and crafts, soccer, and Holy Bread making. That night, after Vespers and dinner, we had an Evening Program. It was a jumble of fun and games, such as musical chairs and Robert the Clown. In the middle of that stellar evening, the International Space Station appeared on the horizon. We dispersed, and while the families went to go put their kids to bed, the teens had an Ask Abouna session with Father Jim King, an Antiochian priest from Michigan, who was the keynote speaker. After that educational talk, we went back to to our cabins and hung out.

The next morning, Sunday, was Liturgy with Orthros, and a big brunch. Then, the teens regretfully packed up their stuff and slowly left. This third annual SOYO Retreat and Family Camp was truly an amazing experience, and I hope you can make it next year.