

St. Michael Cookbook

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 online at www.stmichaelcapecod.org


If you have questions please contact:

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CAPE COD SCALLOP CHOWDER
by Mary Rahal



INGREDIENTS

Serves 12-15

INSTRUCTIONS

Melt butter. Add leeks and chopped peppers and sauté for 10-15 minutes until tender. Cook

St. Michael the Archangel Orthodox Church welcomes everyone! Fr. Ben Kjendal
www.stmichaelcapecod.org (508) 450-1113
SUNDAY ORTHROS 9:00 AM / LITURGY 10:00 AM SATURDAY VESPERS 5:00 PM

St. Michael the Archangel
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A message from Fr. Ben Kjendal



Brothers and sisters in Christ,
Glory to Jesus Christ!

What a year it has been. I thank God for each of you, and pray that those I haven't seen recently I will see again soon. The body of Christ is called an ekklesia - an assembly that is called out to gather together - may we be called out of this world to gather together in the Kingdom of God, a foretaste of which we celebrate each Lord's day and feast day.

As we move from the time of the celebrations of the Nativity of Christ - His Nativity, Theophany, and Presentation - to the Great Fast of Lent, may our hearts and minds renew their focus on Christ through repentance, humility, and a longing for Him and His Kingdom.

Though the Presentation is now over a month past, I want to reflect on one aspect of it that permeates our lives as Orthodox Christians. In many western nations this feast is also known as candelmas, as candles are traditionally blessed on this feast. We light candles in our homes, when we pray, and in the Church. In addition to the candles in the sanctuary (on the altar and on the Prothesis (table of preparation) and in front of the iconostasis, there are the candles that we light as enter the church (and how wonderful it will be to have a place prepared for them in the new narthex when it is built!) as we pray for our loved ones, those who are in need or those who have fallen asleep in the Lord. In our parish we have moved over time from the use of paraffin candles (made of petroleum) to pure beeswax candles made from the combs of bee hives. In addition to some practical reasons to do so (differences in soot, e.g.), there are symbolic reasons, as well. The fathers of the church often use candles to help us understand our faith and worship more fully, and when they do so they are referring to the beeswax candles. It is with this in mind that we listen to St. Symeon of Thessalonica on these six symbolisms of candles in our faith:

1. The pure beeswax of the candles represents the purity of our hearts (as they should be).
2. The suppleness of the pure candle represents how our souls can be easily engraved upon - whether by good or evil. May this be strengthened and straightened by the Gospel of Christ.
3. The fragrant flowers that went into producing the wax of the candle should be as the sweet aroma of Divine Grace in our souls.
4. The candle gives forth and mixes with the flame, so through the burning of sin we may achieve theosis and give forth Light.
5. The burning candle illuminates the darkness, and symbolizes the Light of Christ that enlightens the world.
6. The virtues of peace and love are virtues that every Christian is to have, as the candle burns it brings light and comfort to those who are in darkness.

Whenever we light a candle, may we remember our baptism, as in it we have been enlightened, As the wax of the candle melts may we recognize the love that should flow from each of us to those around us. May we seek to live in purity of heart, avoiding all corruption and uncleanness, as we light pure candles in our homes and at church. And in all things, let us give thanks to God, who is the giver of all good things, the enlightener of all mankind.

Peace and joy in Christ.

Fr. Ben

Narthex Update – by John Abodeely

Work on the narthex has continued in the hope that actual construction can begin in the late fall. The building committee has met several times with the architect to review items such as flooring, lighting, colors, etc. The architect will then develop final construction documents which will be used to obtain bids from various contractors.

During this process several additional issues have arisen. Our church is in need of some major repairs. The railings in the back section of the building are in terrible condition and must be replaced. We have had a number of roof leaks that must be addressed. The entire outside of the building needs to be repainted. It is our hope that we can raise sufficient funds to address all these issues. Our goal is to end up with a beautiful building that will house St Michaels Church for many years to come.

We will be asking for every one's help. What work can be performed by parishioners or friends? Do you know of any groups or individuals who might donate to St Michaels? What role can you play?

With God's help we will succeed.

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 take out every Wednesday and Sunday during Lent, with all proceeds going to benefit ZOE House (the only exception is fish stew will be offered Thursday March 25 to celebrate the Feast of the Annunciation).

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
- March 25 Fish Stew by Rick Bardine (we will not have pre-sanctified on March 24, so we are taking the opportunity to offer fish stew on Thursday March 25)
- March 31 Russian Beet Borscht by Natalie Leva
- April 7 Vegan Taco Soup by Jourdan Clough
- April 14 St Basil Soup by Rick Bardine
- April 21 Romanian Bean Borcht by Bogdan Dumitrescu
- April 28 V8 Vegetable Soup by Zondra Rapazzini

Place your orders early so we can prepare the soups in time. Please email Rick Bardine at rsbboston@yahoo.com with your order by the Friday before the service dates indicated above.

Pricing is as follows**

\$6 per pint with 1/2 baguette

\$10 per quart / \$9 for 2 or more quarts with full baguette

** additional will apply for fish stew - TBD

Pick up options:

- Date of service 5:30-6:15PM – freshly made soup
- Sunday 11:30-1:30 – frozen soup

A blessed Lenten Season to all and thank you for your support of this amazing program that offers counselling and medical services to women in crisis pregnancies!

Getting to know you...

Subdeacon Joseph Boruch – by Patti Soupel

In this article you will have a chance to meet Subdeacon Joe Boruch. He is the tall man you see helping Father Ben on the altar. Joe grew up in Prospect, CT. He was an engineer by trade and worked for an insurance company helping corporate clients around the country with safety related issues. Retiring recently, Joe and his wife Annie moved to the Cape full time. They have had a home in Brewster for over 30 years.



When their son Joseph was a young boy, he was an altar server at their home parish in Waterbury CT, and the priest there asked Joe to help supervise the younger children on the altar. He was tonsured as a Reader by Bishop Nikon (Blessed Memory). Joe's humility and love of serving the Lord eventually led to being ordained a Subdeacon. Subdeacons are the highest level of the minor orders in the Orthodox Church. Their duties include caring for the altar area, coordinating the servers and their activities, training new servers, and other duties as required. As the head server, the Subdeacon assists the bishop when he is presiding. Other than a Priest or a deacon, Subdeacons are the only people allowed to touch the altar table (for cleaning, changing covers etc). As with Priests, Ordained Subdeacons cannot marry. Fortunately Joe and Annie married before he was ordained! In a church setting they are addressed by their title - for example Subdeacon Joseph. Outside of church they are usually called by just their first name i.e. Joe.

Subdeacon Joseph describes his service on the altar as 'very rewarding'. He says one of his main responsibilities is helping keep things organized and flowing so Fr. Ben can focus on the service. His goal is to 'time things so that the servers are waiting on the Priest, not the Priest waiting on the servers'. His dedication and selflessness are an example to the other servers and help keep the service reverent for the glory of God and the parishioners.

Subdeacon Joseph learned this at an early age. His grandparents came to the United States through New York City then Bridgeport CT. His grandmother was from Poland (Catholic) and his grandfather was from Russia (Orthodox). As a young boy Joe and his family attended church regularly, and some of his greatest memories include sharing a traditional Slavic Christmas Eve dinner and attending midnight mass afterwards. Joe's other grandparents were both Polish and he recalls celebrating Christmas on December 25th and visiting his grandfather for Russian Christmas in January.

Joe learned from his mother the power of faith. She lost 2 babies and her husband at an early age. Through this her faith remained strong as she went on to serve as a grief counselor in her parish. Joe continues to pass along these values to his son Joseph and adored granddaughter Stella. Five years ago Joe underwent emergency open heart surgery for a tumor. He attributes his recovery and subsequent good health to God. Each year he celebrates his 'rebirth' on December 28th (the day of his surgery).

Joe met the love of his life Annie on a blind date. They were married a year later shortly after he converted to Orthodoxy from Catholicism. Annie had grown up attending The Nativity Of the Holy Virgin Orthodox Church in Waterbury CT which became their own family church.

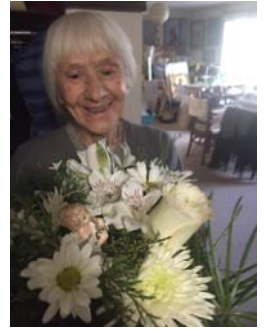
When not serving our parish as a Subdeacon, Joe enjoys boating, fishing, (especially for Bluefin Tuna), and sports car racing. He builds his own cars including engines, machining, and welding. He has used these talents to manufacture some needed items within our church.

Subdeacon Joseph's advice is to 'pray constantly'. The Jesus Prayer, "Lord Jesus Christ Son of God, have mercy on me a sinner" is an excellent prayer to use. "While I have not yet achieved constant prayer," he says, "it is something that I strive for." He also points to the importance of attending Liturgy regularly in order to receive Communion, hear the Gospel (good news), to thank God through song and prayers, and be around other Orthodox Christians. While in-person attendance may not be possible for everyone during this pandemic, Subdeacon Joseph encourages everyone who cannot come - to participate through the YouTube broadcast.

With Immense Gratitude

Many aspects of our “lives in COVID” have been trying, frustrating and sad. At St Michael, we are missing many of our family who are unable to attend services; we greet each other from behind a mask; we endure the cold from open windows and doors which must remain open to allow air circulation... You get the idea. But despite all that, coming together each week and Feast Day has been pure joy. This joy has been amplified through the works of some individuals who contributed to the beauty and increased morale of our community. So THANK YOU to:

- Zarina Sheglov who wrote and donated EIGHT Holy Archangel icons which have been blessed and hang throughout the nave.
- Tiffany Sterge who donated our Nativity Poinsettias in memory of her husband John.
- Marion Khoury, owner of Khoury Rugs, who donated oriental rugs to keep us warm and comfortable. Their intricate design and bright colors are stunning!
- Zondra Rapazzini whose talent and eye for beauty has brought our Nativity and our Feast Day celebrations great joy with her breath-taking floral arrangements.
- Rick Bardine who coordinated and executed a church cleaning day and brought us even closer together.
- Rick Bardine & Tom Orphanos who painted some of the trim in the nave to brighten it up and remove scuff marks.
- Subdeacon Joe & Annie Boruch who helped procure liturgical items and candle stands which are being used during the Liturgy, some of which can be seen on the altar.
- To all of you, and to all who have continued to support St Michael, thank you for bringing light and love to what has been seen as dark times. Your works and your actions prove that Christ is with us at all times!



The Newly Illumined

We are glad to introduce to you our newly illumined: Sean Parkers - Lazarus, Colton Arthur - Gabriel, Brittany Rand - Brigid, Michelle Moeck - Sofia, Rick Bardine - Michael.

Michelle Moeck would like to share her way to the Orthodoxy:

"I live in East Falmouth with my husband Christian. We have been married to for 10 years. We have three girls Aubrey age 9, Hadley 7 and Leah 4. I am a stay-at-home mother and am homeschooling for the first time this year.



I grew up Protestant and attended church sporadically throughout my childhood. I started becoming more serious about my faith and my pursuit of God in college and had been attending Cape Cod Church with my family until early 2020. Sometime in the Summer of 2019 I started reading more about church history and having more questions about the origin of the Christian faith. After learning about the Orthodox Church through a friend and digging a little deeper on my own, I began to question everything about the Protestant faith and its teachings. I needed some time to wrestle with this personally and it took some time and prayer to work up the courage to visit to St. Michael. After visiting St. Michael a few times in early 2020, Covid -19 hit and we were left unable to attend church as a family. During this time I spent time in prayer and reading as much as I could about the Orthodox Faith and just trusted that in God's timing I would be able to come back to church.

I began coming to St Michael regularly in August and eventually Chris and the girls joined me. I started catechism classes in September. I became confident that God had been leading me to the Orthodox church my whole life. I became a catechumen the night before the Nativity Fast began in November. I knew by December that I was ready to enter the Church.

I look back at the past year and I can't believe how quickly my life has changed. While it feels like my entrance into the church happened so quickly, I feel extremely blessed that this was God's plan for my life and that everything up until this point had been preparing me for this.

I could not be anymore grateful to everyone at St. Michael who has been so kind and welcoming to me and my family. It has been a joy to be here."

Recipe Box – by Pauline Rassias

Hello all! I am refraining from including a recipe in this issue as the Women's Group is in the process of putting together a cookbook. We are all looking forward to that! I'm switching it up a bit, and hope that you find my quotes, anecdotes and helpful hints interesting and maybe thought provoking.

Your diet is not only what you eat.

It is what you watch,

what you listen to,

what you read,

the people you hang around.

Be mindful of the things you put into your body emotionally, spiritually and physically.

Author Unknown

Teen SOYO – by Erika Kjendal

Our Teen SOYO chapter saw a productive year's end to 2020! Our group was blessed with the addition of two members when Fr. Joseph and his family arrived in late summer. Our energy was renewed, and the first project we did together was a fall bake-sale. (A big thank you to our newest SOYO advisor, Alex Mina, who worked alongside us in the kitchen and ensured no major catastrophes took place.) Since many of you purchased the baked-good items, you can attest to the success of the food itself; but taste aside, we raised over a thousand dollars to support the Narthex fund. Additionally, it was a wonderful team-building project!

Our next project was in December, and we participated in CCB Media's Christmas Wishes program. For those not familiar with that program, you choose a local family in need and shop for their Christmas gifts based on the information given about their ages and interests. We had a lot of fun planning and shopping for the family we chose!

Our latest item of business was electing officers in early January. The offices of president, treasurer, and secretary were filled by me (Erika), Jacob Butts, and Mary Kjendal, respectively.

Looking forward, we are planning more projects and events that will strive to incorporate the four pillars of SOYO: worship, witness, service, and fellowship. The biggest one we have in mind is a mission trip, which will require a lot of planning and fundraising, but will enable us to serve God and others while strengthening our own faith. As always, we thank you for your continued support and encouragement as we grow in our relationships with each other and Jesus Christ.



Stewardship Envelope Update – by Subdeacon Joseph Boruch

Last year, we started a stewardship envelope system with boxed envelopes. These envelopes are a convenient way to donate weekly, whether we are attending in person or attending via YouTube. The envelopes also help to simplify the Treasurer's job to properly record where you wish your gift to be used.

For 2021, the envelopes have been simplified by removing dates and identifying numbers. This allows leftover envelopes to be used in subsequent years. Please be sure to write your name on the envelopes to help us properly record your donation.

Envelopes are available at the church, if you attend in person. If you are not attending in person and would like to receive envelopes, please call the church and leave a message, or email the stewardship committee at stewardship@stmichaelcapecod.org. We will try to arrange for envelopes to be dropped off to you, or arrange a time for you to pick them up at the church (perhaps after Liturgy).

Thank you for your on-going stewardship, in this uncertain time. We pray that we will soon be able to see and worship with you in person.

Yours in Christ,
Subdeacon Joseph

Outreach – by Alyssa Kjendal

AUGUST 2020 • Backpack Blessings: Thank you to everyone who donated school supplies and money to purchase school supplies for the children at the Village at Cataumet transitional housing shelter! Your generosity enabled us to deliver twenty-two backpacks, bursting at the seams with pencils, pens, erasers, highlighters, crayons, markers, scissors, glue, rulers, binders, folders, notebooks, tissues, hand sanitizer...and sets of masks!!! Additionally, boxes and boxes of breakfast and snack foods were delivered to help keep those children fueled for learning. Thank you for giving these kids the tools they need to succeed this school year!

SEPTEMBER 2020 • Donations for A BABY CENTER in Hyannis: During the month of September, we collected items to donate to A Baby Center in Hyannis. The mission of A Baby Center is “To serve without judgement the youngest in our community. A Baby Center supplements critical basic needs that ensure the good health and safety of babies in need who live on Cape Cod and the Islands. These services are provided at no cost to clients and without regard for religious preference or lack thereof.” We collected \$300 and several bags of baby items to donate. Soraya delivered the items on 11/4.

OCTOBER 2020 • Non-perishable food drive: Yulia has delivered two cars full of non-perishable food to Christ the King food pantry in Mashpee. Food continues to be donated. • **ZOE House raffle basket:** Despite having to postpone our annual fish feast to support ZOE House, the beautiful raffle basket that was created by Michelle Mullaney back in March 2020 was finally raffled off in October, which enabled us to send \$1000 to ZOE House to assist with their life saving ministry.

NOVEMBER 2020 • Thanksgiving Meals: On Thursday 11/19, we delivered 15 Thanksgiving meals (complete with a turkey, pie, fresh produce, and all the traditional fixings) to Faith Family Kitchen in Hyannis to be distributed to food insecure families. While we were making the delivery, it came to our attention that there were additional families that would be blessed by receiving a meal. Five more meals and five \$25 gift cards were purchased and delivered that evening to Faith Family Kitchen for distribution.

DECEMBER 2020 • Christmas Meals: We donated 65 hams, 65 \$25 grocery store gift cards, and 104 tins of homemade cookies to Faith Family Kitchen that were distributed to families in need.

JANUARY 2021 • Scarf & Care Bag Distribution:

Thanks to the tireless knitting efforts of Vicki Abodeely (and Tashie Leva), we were able to hang over 35 scarves along Main Street in downtown Hyannis. In addition to the scarves, we distributed 35 “care bags”, which were filled with items such as socks, personal care items, snacks, and a Dunkin’ Donuts gift card. A crew of 18 braved the cold on Saturday, February 13 to spread warmth to those stuck out in the cold.

FEBRUARY 2021 • Food Assistance to Families at Cataumet: Almost \$450 worth of food (breakfast, lunch, and snack items) was sent to the Village at Cataumet to be distributed to the families in residence there. This donation was especially appreciated, as kids are home more and thus not receiving as much food at school.

