

International Food Fest 2022

Every year in the fall our church holds an International Food Fest where the entire parish comes together to cook authentic items from around the world. Everyone participates in planning, shopping, preparing, cooking, baking, setting up, selling, and cleaning up afterward. The International Food Fest proceeds benefit the entire church.

This year the International Food Fest is planned for Saturday, November 12th from 10:00 a.m. until 2:00 p.m. in the church fellowship hall. We have many volunteers but could still use more. There are lots of things to do including shopping, washing pans, pots, bowls, and utensils used in preparation that are vital and important parts of the process and crucial to the event's success.

We will be making and selling many favorites again like Spanakopita, Stuffed Cabbage, Kibbee, Baklava, Stuffed Grape Leaves, Spaghetti Sauce, and Meatballs, Koulourakia, Biscotti, Pizzelles, and many other items including baked goods.

Volunteers will be starting to cook as early as this month, September, and in October to prepare items that can be frozen. There are loads of opportunities for volunteers to learn and assist with this prep. If you would like to join in on the cooking and prep, please reach out to:

- Pauline Rassias
- Soraya Bandeli
- Natalie Leva
- Rick Bardine
- Mary Rahal
- Michelle Mullaney

If you would like to help with other tasks like shopping, setting up, packaging items for sale, helping sell items on the day of the event, or other please contact Michelle Mullaney at (508) 245-2536.

Please watch for flyers that can be distributed to help with letting our community know that the St. Michael the Archangel International Food Fest is happening on **Saturday, November 12th!**

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

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

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A Message from Fr. Ben Kjendal

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 the Elevation of the Holy Cross*

Dearly beloved in Christ Jesus,

For most children September naturally feels like a new year - new clothes, new books, new pencils, new classmates. It is often a time of much apprehension as the new school year begins, but also one of great excitement. Indeed, even with my own children not entirely beholden to the rhythms of the secular school year, we naturally fall into a similar pattern with our homeschooling. The end of summer ushers in the beginning of fall, and with it the joy of changing seasons, and often new beginnings.



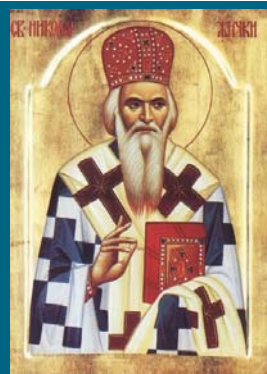
September is a new beginning not only for our schoolchildren, but for us, as well. Since the first Ecumenical Council in the year 325 September 1st has been the beginning of the church year (and for many centuries the beginning of the secular year in many parts of the world, as well). It ushers in a new season, and with it the feasts of the year begin anew. The feasts of the birth and death of the Theotokos (her nativity and her dormition) form the bookends of the Church year. Shortly after her nativity on September 8th, helping to bring us into this new year, we celebrate the great Feast of the Elevation of the Life-Giving Cross, the apolytikion of which is above. We are reminded that our life in Christ begins with death - putting to death our sins, to be raised to a new life in Christ Jesus.

Much like our children anticipating the newness of a school year, we do well to prepare for the new Church year, and to prepare ourselves for the new life that Christ has prepared for us. We put on the very robe of Christ, given to us in our baptism. We pick up new books - or perhaps pick up anew the books that have been on our shelves too long - the holy Scriptures, the lives of the saints, the spiritual books that help lead us and guide along the way of Christ. We renew our relationships with each other, with love and compassion, in repentance, that we might also be renewed in our relationship with Christ. And rather than picking up new pencils (or iPhones, or computers), we pick up again the crosses that have been given to us, that we might deny ourselves and follow Christ.

The cross is indeed an instrument of death. And yet for us who follow Christ, it is the instrument of death to death itself, the instrument of death to sin, and the instrument of death to the evil one. Through the cross Christ was victorious over His enemies, and through the cross we are united with Him in His victory, and are victorious as well. Let us rejoice therefore in the cross, for through the cross Joy has come into all the world. This new year may we all seek after God, and may we heed the words of our Lord, "if anyone wishes to 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 life?" May we all find our profit in the Lord Jesus Christ, a profit that is eternal, rather than seeking after the fleeting profits of this world.

Peace and joy to you all, through the very Cross of Christ.

Fr. Benjamin Kjendal



"What does it mean to take up your cross? It means the willing acceptance, at the hand of Providence, of every means of healing, bitter though it may be, that is offered. Do great catastrophes fall on you? Be obedient to God's will, as Noah was. Is sacrifice demanded of you? Give yourself into God's hands with the same faith as Abram had when he went to sacrifice his son. Is your property ruined? Do your children die suddenly? Suffer it all with patience, cleaving to God in your heart, as Job did. Do your friends forsake you, and you find yourself surrounded by enemies? Bear it all without grumbling, and with faith that God's help is at hand, as the apostles did."

+ St. Nikolai Velimirovich

On Service – by Rick Bardine

September is a beautiful time on the Cape: the weather turns a little cooler; the farm stands burst with the abundance of the harvest; the crowds at the beach and in the supermarkets thin; and, joy of joys, we can even take a left turn on our roads without too much trouble.

I have always loved September as a time for renewing old friendships, for making new friends and for acquiring new knowledge. As we end this summer and begin this beautiful September, I'd invite us all to think about how we all can do the same as members of the Church and of our community of St. Michael.

Many years ago, Father Sergei Glagolev, of the OCA wrote "In the sacraments, all Christians are addressed by one word - "servant" and this implies that no one may contract out of rendering service to Christ and to His Church."

Service comes in many forms and many flavors. It is influenced by not only what we **can do**, but also **by what we find joy in doing**. It may involve teaching our children in church school or singing in the choir or greeting and assisting our fellow congregants during services or sharing our favorite soup at coffee hour or arranging flowers from nurseries and our own gardens or even vacuuming the church after liturgy. All forms and flavors of service are possible and welcome.

I'd invite all to share our talents by volunteering to serve through what gives us joy at St. Michael.

Please see Fr. Ben or any of us on the Parish Council...John Abodeely, Soraya Bandeli, Anastasia Klokova, David Easa, Michelle Mulaney, Subdeacon Joe Boruch, Natalie Leva, Greg Davis, Joe Rahal, Kh Alyssa or me...with your interest.

Renew those old friendships, make new ones and be open to new experiences by joining us in service to Christ, to His Church and to our community of St. Michael.

Rick Bardine,
Chair, Parish Council

Special Fundraising Appeal

Dear Parishioners of St. Michael,

The Parish Council has been working diligently to address pressing maintenance concerns for the church. Thankfully, through the dedication of our parishioners, we have been able to apply our collective skills to many projects within our capabilities, but we have also needed to solicit and vet competitive bids for projects beyond our skills.

As you know, starting this fall, we replaced handrails on the ramp and front stairs, and painted the nave and sacristy on the interior of the church. We have now moved forward with trimming the trees overhanging the roof and parking lot, staining the shingles, ramp, handrails and painting the trim and shutters on the exterior of the church. These projects, both necessary and long overdue, present extraordinary expenses that only occur every 12-15 years.

The scope of this work is extensive: handrails, \$400; painting interior \$8,100; trimming trees, \$3,500; staining and painting exterior, \$20,500. Although we have been already able to allocate funds from our operating budget and reserves to address one-third of the nearly \$32,500 in work required, as we begin our new liturgical year, we ask for your donations to help meet these extraordinary expenses. Pledge forms are available at the church.

We appreciate your consideration and ask for your support as we continue to maintain our lovely parish!

With deepest thanks,
The Parish Council



Choir Corner – with David Easa

During the Great Lent this year we were blessed to have an opportunity to rehearse with Mareena Boosamra Ball and Charlie Marge. I've known Charlie since I was a teenager, he was one of our advisors when I was a member of SOYO at St. George Church in West Roxbury, and he was a counselor at Antiochian Village when I went as a camper and CIT. He is currently the Director of Sacred Music for our Diocese, and he works with the Youth Music Ministry every year during the Sacred Music Institute. His knowledge with Byzantine Chant is as good as anyone I know and he has coordinated a handful of other workshops for our Diocese over the past few years. Mareena is the Director of Sacred Music for the whole Archdiocese and I've known her for many years as well, having met her and seen her at every SMI that I've gone too in the capacity of one of the Choir Directors who led various services at SMI and also one of our teachers for the



various workshop sessions. Before becoming the Archdiocese Sacred Music Director, she was the Director for Sacred Music in her diocese. She's also an extremely talented and knowledgeable Director, Singer and Teacher. I'm personally blessed to be able to call them both friends!

You can imagine how easy a decision it was when Charlie offered me the opportunity to have the workshop at our Parish - easier than choosing Charles Barkley in a pick-up Basketball game. Yup, even easier than that!

Mareena led us through some warm-up exercises then started teaching, and by the time our rehearsal was finished we had come so far from where we started off that you wouldn't recognize us! She opened up abilities and sounds and techniques that we didn't even know we were capable of! Many of those who were there had been expecting a great night based on what I had told them, and had to admit that it was even better than I had told them it would be! We learned breathing and singing techniques that we have been using since.

I can't say enough about how hard our Choir members have been working to learn new hymns, like the new Cherubic Hymn we've sung since Pascha, and we are continuing to expand our hymn list and rehearsing more often and hopefully will be sending some singers to SMI this year as we have in the past and will continue to grow into the future.

YMM (Youth Music Ministry) 2022 – by Mary Kjendal

This July, my older siblings and I flew out to the conference center at Antiochian Village for a wonderful time overflowing with church services, singing, and fellowship. My knowledge of the music of our church was broadened, and my capabilities were pushed to improvement. I was blessed with so many friendships, especially among the other teens there, and we enjoyed so much time together! All the services held at the Sacred Music Institute were beautiful, the whole congregation lifting their voices in the divine songs of the church. I had a wonderful experience, and I hope to have the opportunity to attend again next year!

In July 2022 at the Parish Life Conference, three of our youth competed in the Oratorical Festival. Mary Kjendal won the junior division, and Erika Kjendal won the senior division. Erika then traveled to the national oratorical competition held at Antiochian Village and won second place!

The Unexpected Gift – by Erika Kjendal

On Holy Saturday 2021, four children, ranging in age from three to seven, stood expectantly before a large horse trough in the front of our church. The day they had been waiting for all year had finally arrived. Their excitement was evident, but their stillness and wide eyes revealed that they stood in fear and reverence as well. Each had carefully chosen his or her saint name — Elijah, Lucia, Marina, and Mary the Mother of God — and all knew the importance of entering into the church to which their saints belong. After the long prayers for the exorcisms, the blessing of the water, and the anointing with oil, it was time. Bravely, the little boy stepped in the water first, squeezed his eyes shut, and plugged his nose as the priest baptized him in the name of the Father! And the Son! And the Holy Spirit! When his dripping head emerged the third time, the little girls began to cheer. Clapping their hands and smiling, they whispered to their friend: Good job, Eli! In turn, the three girls were baptized as well, each encouraged by the words of her friends and each greeted with a cheer when she rose from the water.

The littlest girl was the last to go, and when she had been baptized, all four hugged each other, excited not just for themselves, but also for their friends who stood by them, ready to embark on their new life together.

This scene beautifully illustrates the natural virtues of a child, especially the virtues of joy, love, simplicity, and purity. Throughout the Gospel of Matthew, Jesus lifts up children, setting them as the example for all who want to follow Him. In chapter eighteen, the disciples approach Jesus and ask a very worldly question, "Who is the greatest in the kingdom of heaven?" Jesus answers, "Assuredly I say to you, unless you are converted and become like little children, you will by no means enter the kingdom of heaven."

Imagine the disciples' reaction to this answer. Not kings or princes or other men of great importance will be the greatest, not even the outwardly righteous scribes and Pharisees, but a little child. A child? Why does Jesus call us to be like children?

What first caught my attention at the baptism of those little kids was their joy. They were so excited for the day to come, and when it finally came, yes they were a little nervous, but more so they were brimming with happiness as they smiled wide and could scarcely restrain from bouncing up and down. And this is universally true: children are naturally happy — because they have no reason not to be. Their life is free from worries, time is an unknown concept, and they lean on their parents for everything. If this is not the case for a child, it means he or she has had to grow up too fast, and, as a result, their natural childlike joy and light has been tarnished by the cares and sorrows of this world. My heart breaks to see this, and we must protect our children as best we can from those worldly burdens because joy is a precious gift of a child.

Growing out of their natural joy, children's prayers are instinctively ones of praise and thanksgiving: thank you God for this day, thank you for Mom, thank you for Dad. They lift up their hands to God not usually in supplication, but in love and adoration. We see this displayed on Palm Sunday when the children cry out in the temple, "Hosanna to the Son of David!" And when the chief priests and scribes become indignant at this, Jesus quotes from Psalm 8, "Out of the mouth of babes and nursing infants/You have perfected praise." After the baptism, someone asked the four children what was different about our church compared to their old one. One of the little girls answered, "Taking communion because it feels like I am part of the church even though I am a kid." There you have it ladies and gentleman! From the mouth of babes you have perfected praise! Let us strive to cultivate this childlike joy within us so that we may perfect our praise.

Another beautiful characteristic of children is their loving hearts. They so willingly love and are loved, that they set an example for us of the unconditional love that Saint Paul calls us to. One of the most special things about the baptism that day was the love the children had for each other. You could see this in their constant encouragement, especially when it came time for the littlest girl to be baptized. She was very scared and did not want to go under the water. She even tried bargaining with the priest to "only dunk me twice!" But the other three stood right next to the font and reassured her until she bowed her head and let the priest guide her under. And when she got out, they all hugged and congratulated her. Their hearts were full with love for one another and love for God, and if we could share in that outpouring of love, we would be one step closer to our conversion, one step closer to becoming like little children.

The simplicity children have also strikes me. After the first little boy was baptized, spontaneously the girls began clapping. The cheer came straight from their heart, and they gave no thought to how it would look or what people would think, they were just genuinely expressing the excitement in their hearts. Saint Paisios commends this childlike simplicity when he says, "When purity comes to man and simplicity with its fervent faith and devotion arrives as well, then the Holy Trinity takes up His abode within us." Simplicity is closely tied to purity of heart and both are sacred characteristics of little children. A word often used to describe a child's simplicity and purity is innocence. And indeed, Christ tells His disciples to be "as wise as serpents and as innocent as doves." Children are naturally innocent because they have not been exposed to the world long enough to have collected dirt and darkness in their heart, neither have they been alive long enough for it to be hard and calloused, instead their heart is clear and bright, simple and pure, allowing Christ to enter and Christ to shine forth.

As adults, though, we must cry out to God, "Create in me a pure heart and renew a right spirit within me!" For this purity of heart that comes so naturally to children fades so quickly as we move into adulthood because the world is constantly bombarding us with tragedy and violence, lifting up carnal passions and frivolous pursuits. I am right on the cusp of the transition from a child to an adult, and I must fight hard to retain this purity of heart. It is hard, though, to find places of stillness and beauty to mirror our hearts after, but this is one of the reasons I am so thankful for my years at Antiochian Village. Camp has given me a place away from the noise of the world and immersed in the life of the church. There I have the opportunity to see the mud caked in my heart and the time to clean it out. Coming home each year, I can feel Christ's presence so much stronger and hopefully shine His light a little brighter. We are all striving to regain the purity of a child, for as the Beatitudes say, "Blessed are the pure in heart for they shall see God."

Joy, love, simplicity, and purity are all virtues we should strive for as we work on our conversion and become like children. I could list many more childlike virtues as well: obedience, dependence, lowliness..., but they all require one thing. Jesus continues his answer to the question "Who is the greatest?" by saying, "Therefore, whoever humbles himself as this little child is the greatest in the kingdom of heaven." To grow in these virtues, to return to a pure and simple childlike state, we need humility. And then "those who humble themselves will be exalted, and those who exalt themselves will be humbled." It is indeed necessary to enter the kingdom of heaven as children, for we are children. We are children of God, and we will be entering our Father's house. To prepare ourselves for that, we must bow our necks and be converted. We don't need another baptism of water as the four little children had on Holy Saturday, but rather we need a conversion of our hearts. May we humble ourselves and become like little children so we may enter the heavenly kingdom and live with our Father forever, through the prayers of the Theotokos and all the saints. Amen.

Outreach – by Kh. Alyssa Kjendal

JANUARY / FEBRUARY 2022 • Scarf & Care Bag Distribution:

Thanks to the tireless knitting efforts of Vicki Abodeely (and a few other friends of St. Michael), we were able to hang over 50 scarves along Main Street in downtown Hyannis. In addition to the scarves, we distributed 25 “care bags”, which were filled with items such as socks, personal care items, snacks, and a Dunkin’ Donuts gift card. A crew of 34 braved the cold on Sunday, February 13 to spread warmth to those stuck out in the cold.



MARCH 2022 • Fish Feast for Life: After two years of being unable to hold our annual fish feast, we were overjoyed to reinstate this event on the Feast of Annunciation.

With all proceeds from the fundraiser going to support ZOE House, a pan-Orthodox crisis pregnancy center in Parma, Ohio, we enjoyed a delicious fish dinner together after Liturgy. Between the dinner, donations, and the raffle basket, we were able to send \$2,000 to ZOE House.

APRIL 2022 • Cancer Care Bags: 30 care bags were assembled and donated to cancer patients undergoing chemotherapy. Two of the bags were taken by parishioners to give to friends with cancer, and the rest were brought to the cancer center at Cape Cod Hospital to be distributed to the patients there. The bags included a hat, warm socks, a high protein snack, herbal tea, ginger chews, peppermints, a t-shirts, a puzzle book, lotion, a bookmark, and a prayer book.

• **Easter Meals for Faith Family Kitchen:** We will be delivering 50 Easter meals to Faith Family Kitchen, who will distribute them to families in need. Each family will receive a ham and a \$25 grocery store gift card. May we pray for those families who will be blessed by this donation!

JULY / AUGUST 2022

• **Books for A Baby Center:** Throughout the months of July and August we were collecting new or very gently used children’s books (appropriate for newborns through age 4) to donate to A Baby Center in Hyannis.

• **Fruit Basket Invitations:** On Sunday, August 7, the day after the Feast of the Transfiguration, Father Ben blessed baskets of fruit with an invitation to attend Liturgy at St. Michael. Parishioners were encouraged to take a basket of fruit (or two) and leave it on the doorstep of a neighbor, friend, or stranger. Sometimes people are just waiting for an invitation to come to church!

• **Backpack Blessings:** 15 backpacks were filled with school supplies and delivered at the Village at Cataumet, a transitional housing shelter. The filled backpacks were distributed as needed to the children at the Village at Cataumet. Thank you for donating time, supplies, and money to help these kids start the school year off on the right foot!!!



SEPTEMBER 2022 • Homeless Care Car Bags: At the New Year’s Party we assembled 24+ bags filled with snacks, drinks, and personal care items. The bags are available for parishioners to take and distribute to those in need as God gives you the opportunity.

• **Cards for the Lonely:** After Liturgy for the Feast of the Nativity of the Theotokos, we were making cards for residents of a local nursing home.

Teen SOYO – by Mary Kjendal

Teen SOYO has picked up the pace again this fall, after a summer break without any meetings. We elected Anders Kjendal as our president this last meeting, and we welcomed Ned and Kristin Chatelain as our advisors! Already, we went apple picking at the local Crow Farm in Sandwich on Sunday, September 18 and had a very fun time! We're excited for a wonderful new year!



Recipe Box – by Pauline Rassias

Beet and Potato Salad - Traditional to Russian cooking

Ingredients:

- 4 carrots peeled and coarsely grated
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. Balsamic vinegar
- 2 Tbsp. olive oil (vegetable oil if fasting)
- salt and freshly ground black pepper to taste
- 8 beets boiled till tender but firm
- 8 small potatoes, steamed until tender
- ¼ C sour cream
- ¼ C plain Greek yogurt
- 2 tsp. bottled white horseradish
- pinch of sugar
- 1 head Boston lettuce, cored with leaves separated
- 1 small red onion thinly sliced.

Note: To boil beets. Remove the root and a slice from the stem end (top). Peel beets and put in saucepan of water to cover. Bring water to a boil, cover and reduce heat to a simmer. Cook beets 45 to 50 min until tender when pierced.

In a small bowl toss the carrots, parsley, vinegar and oil, salt and pepper. Test for taste and adjust seasoning if needed.

For the dressing:

In a bowl, stir together soured cream, yogurt, horseradish, sugar salt and pepper. Set aside.

To assemble:

Onto a dish, cut the beets and potatoes into thin slices. Arrange lettuce leaves on each of 6 plates. Place sliced potatoes and beets around the edge of the plate and the grated carrots in the center. Spoon dressing over beets and potatoes and garnish with red onions. Serve with pumpernickel bread and butter.

When not fussing for guests, I tear the lettuce into large pieces and place in bottom of a medium shallow bowl, then add beets and potatoes on top, sprinkle grated carrots and add the dressing. Serve from bowl.