



ST. MICHAEL THE ARCHANGEL ORTHODOX CHURCH

A Message from Father Nick

Dear Parishioners,

Soon, with God's help, we will be embarking on the next phase of the remodeling and renovation of our church building in Cotuit. As we are well aware, many changes and improvements have taken place at St. Michael in the last few years and our little church has become a truly beautiful house of worship. Visitors to our church are amazed at what our small congregation has been able to accomplish in such a short time. This summer we had numerous visitors and without exception they all expressed their joy in participating in the Divine Liturgy with us. A frequent remark was "This is truly a holy place and a beautiful House of God!"

As your priest, I am proud at all that you the beloved parishioners of St. Michael have done. Through your love, prayers, hard work and personal sacrifices we have grown to a Spirit-filled Parish of over seventy families with a beautiful house of worship. Yes, with the Spirit of love and togetherness much has been accomplished to the glory of God, and we thank Him for all His goodness and mercy.

Now we are embarking on a new joyful phase in the history of our little Parish. It is time now to move ahead and renovate the spacious room that we have below the church and make it into a much-needed church hall with a proper kitchen, rest room facilities, and space for meetings, classes and social events. We have outgrown the little kitchen upstairs and it is time now to stop our coffee hours and dinners in the church proper. We have had to use the church for these purposes because we could not do otherwise and because there were so few of us. Our Parish, thank God, is definitely growing, and the time has come to make our new church hall and kitchen a reality. After having served as your priest for the past seven years, I am firmly convinced that we can do it. We have the people. We have the faith and we have the love. And we know that with faith and with love all things are possible.

We want to express our deep-felt gratitude to our Parish Council Chairman, Paul Andrews, and all the members of the Council, and to our hard-working Building Committee consisting of Chuck Kiklis, Chairman, Harry Kanavos, John Abodeely, Paul Andrews and Will Crocker. Many thanks also to Lorraine Reiley for her help and support. We thank you all. You have done a tremendous job for St. Michael and for all of us.

In a few weeks, you will all hear more about the plans for our new church hall, kitchen and classroom facilities. All of us, beginning with the priest and Parish Council, will be asked to participate in raising the needed funds which will be in the vicinity of \$210,000 dollars. I pray that all of us will recognize the need to finally move ahead with this new building project for our beloved St. Michael. When the time comes, I ask you to search your hearts and minds and give generously.

*With love in Christ,
Father Nick*

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FALL AND WINTER SCHEDULE

Our fall and winter schedule of divine services began on Sunday, September 14th. Church School students will attend the Divine Liturgy with their parents and/or grandparents at 10:00 a.m. and go to their classes following Holy Communion. Parents, please bring your children to church! It is of vital importance to your children and to you.

RELIGIOUS STUDY GROUP

Our Orthodox Spirituality Study Group will resume on Wednesday, October 8th. We will be reading a spiritual book together and spending some time in Orthodox Christian meditation (Prayer of the Heart). Everyone is welcome.

OUR NEW PARISH LIBRARY

Thanks to the hard work of our volunteer librarians, Julianna and Matthew Jarvis, our Parish Library is now in operation. We already have almost 200 books on the Holy Bible and our Orthodox Faith. Please feel free to borrow books, take them home and enjoy them. All we ask is that you sign them in and out and that you return them promptly.

Happy reading!

From the Stewardship committee...

A LETTER FROM GOD

Dear Faithful Follower:

I'm writing this in reply to your letter to me, in which you complained about the Church asking for money and extra collections. You wrote quite a strong letter. I showed it to my Son, Jesus. He said that he had made it quite clear how important the Stewardship of my gifts really is. You know your whole life is made up of my gifts to you. Time is my gift to you, each hour of your life. Your talents are my gift to you, your abilities and special skills. Your treasure is my gift to you, the money I enable you to earn.

How you use these gifts, selfishly or unselfishly, foolishly or responsibly, is what my holy writers have called your Stewardship. When I call you to myself, I will ask you to give an account of your Stewardship to My Church.

You say the Church asks you for money for this and money for that and you complain about extra collections. Obviously you are referring to the Christian Stewardship Program for the general support of your Parish, and the special collections for my poor and needy throughout the world. Aren't these funds simply to continue my work of salvation for you and your family through your church, and to give you the opportunity to share my blessings with your less fortunate brethren?

You mention that you go to Church to worship, and the collection tray turns you off. But isn't your giving a part of your worship? Doesn't your gift of money represent actual hours of your life, hours of work that earned it? Isn't then your gift a gift of some of yourself? Doesn't this whole matter amount to one simple question for you: How much should I give to the Church? When you have determined that, you can be at peace.

Each person has a different income, and therefore a different ability to give. You give as you have received. What could be fairer? And isn't that what I myself indicated: "Give to the Most High as he has given to you, according to your means." (Sirach 35:9) Let me ask you, how much of the income I enable you to earn do you actually use for yourself and your family and how much do you give back to me? Is it 100 percent for you, and 0 percent for God? Is it 99 percent for you, and 1 percent for God? 95% for you and 5% for God?

I hope my words will give you food for thought and prayer. Giving is always supposed to be an act of loving. That is my way. That is the way of my Son. Will you make it also your way?

With infinite love, God

SOME THINGS YOU SHOULD KNOW WHILE IN CHURCH

By Father Barr

Standing vs. Sitting

The traditional posture for prayer and worship in the Orthodox Church has been to stand or kneel. In the Orthodox “old countries” there are usually no pews in the churches. Chairs or benches on the side walls are usually reserved for the elderly and infirm. In North America, we have tended to build our churches with pews, and since we have them, we need to figure out when we may sit and when we should stand. First of all, it is fully acceptable to stand for the entire service. If you prefer this, it would be better to find a place closer to the back or side of the church so as not to stand out or block someone’s view. When should you definitely stand? Always during the Gospel reading, the Little and Great Entrances, the Anaphora, the distribution of Holy Communion, whenever the priest gives a blessing, and the Dismissal. In many parishes, the Divine Liturgy books in the pews have suggested times when sitting is acceptable. Follow those instructions (it’s probably safer than to follow what the people are doing in the first couple of rows). When in doubt, stand. It is never wrong to stand in church.

Lighting Candles

Lighting candles is an important part of Orthodox worship. We light them as we pray, making an offering to accompany our prayers. Orthodox typically light candles when coming into the church, and that is usually the best time to light them, but there are times when candles should not be lit. It is not proper to light candles during the Epistle or Gospel readings, during the Little or Great Entrances, the sermon, and most of the times when the faithful are standing. If you find yourself arriving to church after the Liturgy has begun, a good rule of thumb to remember is if everyone is standing, wait until they are sitting to light a candle (unless they are sitting for the sermon, of course). Other than that it is probably all right to light a candle.

Entering the Church (Late)

The time to arrive at church is before the service starts, but for some unknown reason, it has become the custom (or rather the bad habit) for some to come to church late. If you arrive after the Divine Liturgy begins, try to enter the church quietly and observe what is happening. If the Epistle or Gospel is being read or the Little or Great Entrance is taking place, wait until it is finished to quickly find a seat. If Father is giving the sermon, stay in the back until he has concluded. If in doubt, check with one of the ushers to see if it is a good time to seat yourself. Try not to interrupt the Liturgy with your entrance. By the way, the best way to avoid this problem is to arrive on time—then you won’t have to wonder if it’s okay to come in or not.

Venerating the Icons

When you enter the church, it is traditional to venerate the icons. Usually there are icons at the entrance to the church and many churches have icon stands in the front as well. When venerating (kissing) the icon, pay attention to where you kiss. It is not proper to kiss an icon in the face. You wouldn’t go up and kiss the Lord or His mother on the lips, would you? You would kiss their hand, and only if they invited you would you even dare to kiss them on the cheek. Pay attention to what you are doing. When you approach the icon to venerate it, kiss the gospel, scroll, or hand cross in the hand of the person in the icon, or kiss the hand or foot of the person depicted. As you venerate the icon, show proper respect to the person depicted in the icon—the same respect you would show the person by venerating him or her in an appropriate place. And remember, blot off your lipstick before kissing.

Talking during Church

Isn’t it great to come to church and see friends and family members? But wait until coffee hour to say “Hi” to them. It just isn’t appropriate to greet people and have a conversation with them during the services. Besides, being disrespectful towards God, it is rude towards the other people in the church who are trying to worship. Talk to God while in church through your prayers, hymns, and thanksgiving, and to your friends in the hall afterwards.

SOME THINGS YOU SHOULD KNOW WHILE IN CHURCH (Cont'd)

By *Father Barr*

To Cross or Not to Cross

Anyone who has looked around on a Sunday morning will notice that different people cross themselves at different times (and sometimes in different ways). To a certain extent, when to cross oneself is according to personal piety and not an issue of dogma. But there are times when it is specifically proper to cross yourself, and times when you should not. Here is a brief list of when not to cross:

To Cross

When you hear one of the variations of the phrase, “Father, Son, and Holy Spirit”; at the beginning and end of the liturgical service, or your private prayers; entering or exiting the church, or when passing in front of the Holy Altar; before venerating an icon, the cross or Gospel book.

Not to Cross

At the chalice before or after taking Communion (you might hit the chalice with your hand); when the priest or bishop blesses saying, “peace be to all”—bow slightly and receive the blessing; when receiving a blessing from a bishop or a priest (kissing the right hand of the bishop or priest is appropriate, but not making the sign of the cross).

A Final Thought

North American society in the 21st century is rather casual in its approach to life. Don’t allow this prevailing attitude to enter into your Orthodox Christian piety. There are surely a lot of other areas that could be covered here. Much of church etiquette is based on common sense and showing respect for God and others. Always remember that you are in church to worship God, the Holy Trinity. The priest says, “With the fear of God and faith and love, draw near.” Let this be the way you approach all of worship. If you do, you will probably have good church etiquette.

REASONS WHY ORTHODOX CHRISTIANS READ AND STUDY THE BIBLE

First, the Bible is the divinely inspired and authentic record of God’s revelation of himself and of his will to humankind.

Second, God’s Word (the Bible) is addressed especially to those who are members of the Church, who are called to listen to it, heed it, take it to heart and respond to it in faith and obedience.

Third, the Bible is a verbal icon of God himself. Like in an icon, God is really present in and through the physical representation of his written Word. By reading and studying the Bible, by praying over it and meditating upon it, it is possible to make contact with and commune with, God himself, the life-creating Trinity, Father, Son and Holy Spirit.

Fourth, the liturgical life of the Orthodox Church is grounded in an expression of the bible. The Divine Liturgy alone contains over 200 verses from the Old and New Testaments.

Fifth, the Bible is a major expression of the **Holy Tradition** of the Orthodox Church. **Bishop Kallistos Ware** writes, “the Orthodox Christian sees himself as heir and guardian to a great inheritance received from the past, and he believes that it is his duty to transmit that inheritance unimpaired to the future.” Serious study of the Bible and acquiring a “Scriptural mind,” as per **Fr. Georges Florovsky**, is imperative in this secular age which tends to pull us away from the Gospel.

Our Parish People Baptisms

Jordan Jayla

The daughter of Mr. & Mrs. Sean Philip Ternullo was baptized on Saturday, July 19th, and named Jordan Jayla. Her Sponsor was Ms. Meghan Mary Bevacqua.

Sienna Dorothy Salamy

The daughter of Mr. & Mrs. Andrew Anthony Salamy was baptized on Saturday, August 2nd, and named Sienna Dorothy Salamy. Her Sponsors were Mr. Robert James Salamy and Shirley Marie Salamy.

Joey Frisk Baptism

The son of Mr. & Mrs. Daniel George Frisk was baptized on Saturday, August 16th, and named Joseph Daniel Frisk. His Sponsor was Mr. Andrew George Frisk.

From Left to Right: George Buzyna, Great Uncle Daniel Frisk—Joey's father
Rachel Frisk—Joey's mother
Fr. Nick Manikas
Andrew Frisk, Godfather
Marge & George Frisk, Joey's grandparents
Helen Frisk Buzyna, great Aunt

Aliciah Alexandra

The daughter of Mrs. Anastasia Fuller was Baptized on Sunday, August 24th, and named Aliciah Alexandra. The Sponsors were Miss Anastasia Tsoleridis and Mr. Zachary Keaton.

**MAY GOD BLESS THEM WITH HIS
DIVINE GRACE ALWAYS!**



Women's Club of St. Michael

Let us bring our positive thoughts to all our meetings so that we can hold our heads high for St. Michael the Archangel. The success of our organization depends on all the efforts we can put together as a team. We ask for St. Michael's assistance and blessing and we will succeed!

*Marilyn George,
Chairman*

Outreach

It's not too early to think about Christmas outreach. For years St. Michael's has provided Christmas gifts for a local family in need. We will continue with this very meaningful outreach, but this year we hope to expand beyond our local community to address global needs. We will be joining other Cape Cod churches in Operation Christmas Child, a project of Samaritan's Purse. We can share God's love by filling shoe boxes with small gifts. Shoe Boxes and information will be available in the Sunday School Room.

Lorraine Reiley

Chairman's Comments

On behalf of the congregation I want to thank the Building Committee for their diligent effort in evaluating and choosing a competent contractor to begin the process of renovating the downstairs portion of our church. The renovations include a new professional kitchen, restrooms, classrooms, etc.

Chuck Kiklis and his staff, consisting of Harry Kanavos, Will Crocker, John Abodeely, Lorraine Reiley, with assistance from Father Nick and some parishioners, did a great job!!

The Women's Group is evaluating and entertaining ideas for methods to raise money to complete our renovations. Any input will be greatly appreciated.

Jasmine Andrews has received and counted more than \$15,000 worth of Shaw's and Star Market receipts resulting in a donation to St. Michael of \$150. Please keep bringing in your receipts from those two markets and place them in the box at the back of the church.

HAPPY BIRTHDAY TO ANN HAGIGEORGES

And our sincere love and appreciation to you, Ann, for the many hours spent in helping to produce this newsletter. Wishing you many more years of health and happiness!