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The Sword



Your weekly connection with St. Michael's Episcopal Church

31 January 2013

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Connecting and Growing through Sharing our Stories..

a letter from the curate

Last Sunday we introduced Faith Reflection Groups. Now, we are inviting you to join one. These groups will be composed of 3-5 parishioners, including a trained facilitator and will be centered on sharing our stories of faith (click this [link](#) to sign-up for a group). Groups will meet for 4-5 hours and will be meeting during Lent (after Feb. 13th).

As I write this letter, I am struck by an interesting moment of unintended synergy. Last night, for our Wednesday evening program, a group of people gathered to watch and then discuss a talk by Brene Brown, [linked here](#). She packs A LOT into 20 minutes, but one insight that captivated the group was the notion that the if we want to be people who have a strong sense of love and belonging, it starts with truly believing "**We are enough.**" Whatever we are, it is not perfect... but being perfect is not what makes us worthy of being loved. And so, Brown suggests, if we can find the strength to "**to let ourselves be seen.** Deeply seen. Vulnerably seen," then we will be on our way to living a life as a whole-hearted person whose life is characterized by courage, compassion, and connection rather than shame, fear and anxiety.

So, what does this have to do with Faith Reflection Groups? Well, in a way, Faith Reflection Groups are about giving us the chance to be Deeply Seen, and to Deeply See others. Really sharing our stories, really taking off our masks and talking about the twists and turns of our lives, entails a certain amount of risk, entails being willing to make ourselves vulnerable. But, the risk is worth it...

- Our Website
[-Church School this Week](#)

Anniversaries This Week Birthdays

2.3 Dorothy Holvay
 2.4 Wendy O'Riordan, Ronan Allord, Grace Guthrie
 2.5 Jim Couch, Bob Sundeen
 2.7 Sergio Scotti
 2.8 Bill Baar, Dennis Campbell
 2.9 Beth Biscaglio, Larry Quinlan, Donald Sykes, Alice Kovacik, Morgan McClendon

Anniversaries

2.4 Kaky & Bob Bowles
 2.6 Isabel & Michael Peltier
 2.9 Tina & Bob Gilbert

Rest in Peace

2.4 Jane Bachini
 2.5 Suzanne Jantz
 2.6 Kent Taylor

Yesterday, I asked some parishioners what it was about this opportunity that excites them, and what, if anything makes them anxious. One common thread was they believed both the act of telling their stories and the act of listening to the stories of others will provide an opportunity to grow, in faith, and our knowledge of one another. There were a lot of other beautiful and insightful responses. If you are interested in seeing what some other people are thinking about this, click [here](#).

In the end, these groups are about nurturing the life and faith of this community. We hope you will prayerfully consider joining a group this Lent (click this [link](#) to sign-up for a group). If you have any questions, please contact Father Kevin at kcaruso@stmichaelsbarrington.org, (847)-381-2323 [church], (773)-519-0159 [cell]

For more information about these groups you can click the links below:

[Roots and Branches: Faith Reflection Groups, General Information about this opportunity](#)

[How do I tell my story? Some models and samples to help you think about your story.](#)

[Facilitator's Training: The materials we used while training our facilitators](#)

-Kevin+

In the Parish family

+Those for whom prayers have been requested:
 Paulette; Thom; Steve; Mary; Joan; Rollo; Ed; the Battcher family; the Callahan family; Mia; the Michaels family; Allison; Sergio; Anne & Bob; Millie & the Troy family; Mary; Steve & Bonnie; Barrington Township Food Pantry; military troops in danger including those from our parish, especially, Zane, Robert, Ryan, Michael, Bruce, and Taylor.

+ Elyse Gustafson will be ordained on Sunday, February 3, at The Chapel of the Cross, Chapel Hill, NC. You may click [here](#) to read the letter from the rector on



2.9 Patricia Jones

behalf of the people of St. Michael's on the occasion on her ordination into the sacred order of priests.



+Brendan Michael Willis was born at 1:48am on 1/25/13. He was 19 1/2 inches long and weighed 7 lbs 7 oz. Parents are Andrea and Mike Willis. Grandparents are Edie and John Davis.

+Millie Troy is home recovering after having a benign brain tumor removed. The Troy family are new to the area and have found a parish home with us. We are so grateful that Millie is home! Her parents are Bill and Katie, big brother Ben and little sister Maggie.

+Pierce Allord attended a diocesan youth event for Middle Schoolers, New Beginnings, in Downer's Grove last weekend.

+St. Michael's received the following note from the Wauconda-Island Lake Food Pantry:

"Dear Friends,

Thank you very much for your donation of food to our Pantry. We appreciate your kindness to the families who come to us for help. People like you make it possible for us to fill the needs of these families. God Bless You!

Food Pantry Board"

Food for the Journey, Sunday, 3 February, 10:05 a.m.: Baptism and Belonging...



How many of you remember your own baptism? Or the baptism of a loved one? What does baptism have to do with belonging? What does it mean to 'belong' to the Church and how is that different from belonging to other organizations? How do we make sense of Baptism in the 21st century? A popular phrase over the last 30 years has been that baptism is "full initiation" into the Church. We will explore these questions and the implications of this understanding of baptism. Join the conversation led by Father Kevin.

Food for the Journey, Sunday, 10 February, 10:05 a.m.: Parents' Forum - Youth and Children's

Ministries...

In the Fall of this year we made a commitment to parents to look for new and better ways to make contact, engage, share relevant information and feedback. This forum is another one these innovative efforts. We invite parents of children of any age or any interested parishioner to join the Youth Minister, Kara Baker, the Children's Ministries Director, Nerissa Brueckbauer, and members of the Youth Advisory Board and the Family Advisory Board to share thoughts, questions, concerns, ideas and feedback about our efforts in supporting families in worship. What are the challenges? What are the expectations? What works? What can we do to enrich your family's participation?

WEDNESDAY NIGHTS ARE BACK... (In Epiphany: Ideas Worth Spreading - reflecting on TED talks)

Worship (5:30pm) * Brown Bag Meal (6pm) * Conversation (6:30)
6 February 2013

Come to any part of an evening or show up for it all...

During Epiphany, we will be talking using a series of videos about Ideas Worth Spreading (from TED talks) to reflect on how our faith intersects with conversations in the world at large. This week we will look at **Want to Help Some One? Shut Up and Listen!** by **Ernesto Sirolli**. One of Sirolli's quotes is, "What you do [to provide better aid is] you shut up. You never arrive in a community with any ideas." We will be watching the entire video on Wednesday night, but if you want to watch it in advance, you can follow this

[link](http://www.ted.com/talks): <http://www.ted.com/talks>

[/ernesto_sirolli_want_to_help_someone_shut_up_and_listen.html](http://www.ted.com/talks/ernesto_sirolli_want_to_help_someone_shut_up_and_listen.html)

AWSM (All Women of St. Michael's) Bunco Night



**Tuesday, February 5th
7:00 - 9:30 p.m.**

St. Michael's Community Room

**Come for the fun, laughs, and fabulous fellowship!
No Bunco experience necessary!**

Per last name, please bring something to share:

A-C Cold Appetizer

D-J Take a Pass

K-R Wine

S-Z Hot Appetizer

Dessert provided by AWSM committee

Change for Change: Franciscan Outreach

**Donations of men's and women's gloves, socks and
undergarments and/or cash to the Change for Change jar will
be appreciated.**

Donations are optional.

**Any questions, please contact Sue Barnum (847)304-6989 or
sbbarnum@comcast.net**



Invitation to a Combined Celebration at Church of the Redeemer

Greetings and blessings to all!
I hope everyone's Christmas season
was full of blessings and joy.

On Friday, February 8, at 7:00 PM,
we will have a combined
celebration at Redeemer: The
ordination as a permanent deacon
of our parishioner Rachel Hultz, and the Celebration of New
Ministry as Rector for me.

I am not sending private invitations, but will love the honor of your
presence. All clergy and lay leadership are welcome to attend.
Clergy are welcome to vest for worship. There will be a reception
following the service. No need to RSVP.

Please join us in giving thanks to our loving God as we celebrate
these great blessings!

-Uriel+

Compartimos con ustedes nuestra alegría de la ordenación al diaconado permanente de Rachel Hultz y la aceptación de Padre Uriel como Rector.

Viernes, 8 de febrero. 7:00 PM en la parroquia del Redentor.

Todos son bienvenidos!

-Uriel+



Mixed Media Painting by
Maria Pace Wynters

Is Haiti still calling you?

We are currently planning a return trip to Jeannette, Haiti in July 2013. There will be an informational meeting mid-February but here is some early information.

We will once again be partnering with the Episcopal Diocese of Milwaukee Haiti Project which has a 26 year partnership with the parish of St Marc's in Jeannette, Haiti.

The July mission trip will include parishioners from St Michaels AND St Marks, Barrington. The trip will be sometime between July 18-28 for 7-8 days. Our first and last days will be at a guest house in Port au Prince. There will be 14 available slots in addition to our 2 group leaders, Elizabeth van der Weide with Project Haiti and Deacon Laurie.

Our work will primarily involve building furniture for the school (ie computer stools, tables) or a playground. We will also spend time with the children of St Marc's School and attend Sunday worship at St Marc's Episcopal Church, Jeannette.

Specific projects will be determined following the return of the current Feb mission trip, by July trip participants and skills, and by Pere Lenord, St Marc's Parish Priest and School Principal.

Deadline for confirmed participation with deposit is March 15.

Cost \$1200

Age: 18+ without parent

16-18 with parent



Little Red Wagon in February and March

About 20 years ago our church started collecting food for St. Cyprian Food Pantry during Lent. It was an Episcopal mission on the northwest side of Chicago when in 1983 someone knocked on the door to ask for food. That simple beginning of the food pantry has now mushroomed into one serving 855 families (3,825 individuals) in December alone and with a budget of \$56,000 a year. Over time, St. Michael's has included more food pantries in our donation

Additional information on the Haiti Project can be found at www.haitiproject.org or contact Deacon Laurie @ travellaurie@hotmail.com



Little Angels featured in Barrington Area Library Video!

Recently one of the Children's Librarians from the Barrington Area Public Library made a video of our very own Little Angels Preschool as a resource for parents looking for preschools in the area. Take a look at that video by clicking on the link here:

<http://www.barringtonarealibrary.org/area-preschools.html>

Way to go Little Angels! We think you "SHINE!"

Overview and Summary of the Vestry Meeting, 21 January 2013

by Clerk of the Vestry Craig Anderson An overview and summary of the Vestry Meeting held on the 21st of January is available by clicking [here](#).

rotation, but in Lent we are reminded of our beginnings with St. Cyprian Food Pantry. The needs include breakfast, lunch and dinner foods, detergent, personal items and paper products. May donations to the Little Red Wagon be part of your Lenten discipline.



Annual Meeting Outcomes

The Annual Meeting took place last Sunday, 27 January. A quick overview of the outcomes of the meeting include:

- Attended by over 130
- Celebrated a wide range of St. Michael's ministries
- Financial Presentation: Wrap-up 2012, Balanced 2013 Budget
 - an increase in Preschool revenue
 - an increase in 2013 pledge commitments
 - a caution that our twelve larger donors were responsible for most of the increase and are now funding over half the operating budget
- Consideration of New/Amended By-Laws: Adopted
- Vestry Nominations: Called
 - Ray Kean - one year term
 - John Totten - one year term
 - David Bishop - three year term
 - Teri Doran - three year term
 - Dolores Kampert - three year term
 - Sof Ts'o - three year term
- 2013 Diocesan Convention Representatives: Called
 - Patrick Duncan
 - Sean Harrington
 - Jackie Smith
 - Marti Kahn (alternate)
 - Tim Murray (alternate)
- Youth Representative - Marissa Longo: Recognized; previously appointed by the Vestry
- Roots & Branches: Faith Reflection Groups Parish-Wide Invitation Extended. Through our Faith Reflection Groups, we aspire to connect members to one another and to their faith community, nourish the faith and relationships that keep a parish vital and grow in our sense of what inspires us, unites us and motivates our individual faith and our common life at St. Michael's. If you have not had the opportunity to indicate your interest in one of these groups you may do so by clicking [here](#).



Thank you, Jim,



Shan and Graham, for providing the lunch at the Annual Meeting last Sunday!



Bring Your Palms!

Please bring your palms from last year's Palm Sunday liturgies to St. Michael's over the next two weeks. We'll burn them after the Pancake Supper on Shrove Tuesday, February 12, to make the ashes for this year's Ash Wednesday liturgies. Look for a marked basket in the nave, or bring them to the office reception area during the week.



Ash Wednesday Service Times Announced

+6:30 a.m. Eucharist & Imposition of Ashes
 +4:00 p.m. Abbreviated Children's Service & Imposition of Ashes
 +5:30 p.m. Eucharist & Imposition of Ashes
 +7:30 p.m. Eucharist & Imposition of Ashes

From our Youth Minister and Children's Choir Director

THIS WEEK:

FRIDAY 2/1, DEADLINE TO RSVP TO KARA FOR EITHER EITHER LIFT OR SMUSH MISSION TRIPS

FRIDAY 2/1, 4:00 pm-9:00pm , Great Chili Cookoff in the Community Room . REMEMBER, THIS IS YOUR FUNDRAISER!!!

SUNDAY 2/3 @ 9:00 & 10:45-- LIFT & SMUSH Worship & Chili Distribution

UPCOMING:

Tuesday 2/12, 4:30-7:30 pm--Shrove Tuesday Pancake Fundraiser

Sunday 2/24--CALLING ALL SKIERS! The Youth Advisory Board is happy to announce an All Parish Ski Trip. Come one, come all! This trip is open to the entire parish. All those who want to go

will attend the 9:00 service as a group and then depart for Wilmot.
PLEASE LET KARA KNOW IF YOUR FAMILY IS
INTERESTED!



Pastoral Care for Our Elders
Workshop Sponsored by Bishop Anderson House
Saturday March 9, 8:30 - 12:30
St Mark's Episcopal Church, 337 Ridge Road,
Barrington, IL 60010

This workshop will focus on understanding the needs of our elders and learning some pastoral care techniques that can help us "be" with our senior friends and our parents in a more effective manner. Offering presentations on the unique needs of elders, non-verbal communication, active listening and leading senior group ministry, the workshop will be led by a group of professionals familiar with the pastoral care of seniors.

Please click on the link below to see more details and to register. If you wish to share with the group about your particular Elder Care Ministry please note so in the comment box.

<https://www.events.org/bahil01/viewevent.aspx?id=53693>

Workshop Agenda

8:30 Registration, networking and breakfast: a time to connect with others "in the same boat"

9:00 Opening Introductions and worship led by The Rev. Jay Risk and The Rev. Laurie Michaels

9:30 Who are our elders and how can we best communicate with them, led by The Rev. Linda Green and staff from Barrington Area Council on Aging

10:15 Leading senior group ministries outside the parish walls, led by The Rev. Newt Carpenter

10:50 Active Listening, led by Bud Upshaw

12:20 Closing prayer and farewell

Elder Ministry, like all good ministries, is transformational and a two-way street. Seniors minister to us as much we minister to them. We offer them simple listening, and human and spiritual contact. They offer us wisdom, warm gratitude and enduring faith. We welcome your participation and look forward to meeting you.



Forward Day by Day for

Feb/Mar/Apr: a limited quantity of the booklets are available in the narthex (front foyer). This quarterly publication provides daily meditations based on scripture readings appointed by the lectionary and Daily Office. Please feel free to take one home.



Save the date for the CROSSwalk Procession

Walk-

Friday, March 22nd, 2013

CROSSwalk

Beginning at St. James Cathedral, 65 E. Huron

Save the date for the CROSSwalk procession, which will take place on the Friday before Passover and the Christian Holy Week.

CROSSwalk is an effort to engage people of faith in addressing the escalating violence against youth in Chicago.

Rooted in the Episcopal Church, CROSSwalk grew out of a four-mile procession across the city during the Christian Holy Week in April 2012. The procession brought together 1500 people from across Chicagoland to remember the more than 632 young people who have been killed since 2008.

As people of faith, we believe that these children are our children and we share responsibility for their safety. We are working to connect with faith communities and with organizations that address youth violence, building relationships which lead to action and change.



Just this week Hadiya Pendleton, 15, was shot and killed as she stood in a South Side park after school in Chicago. This young girl had made a YOUTUBE video against gang violence four years ago and had attended President Obama's inauguration earlier with her High School band this month. Police Superintendent Garry McCarthy stressed that neither Hadiya nor anyone in the group she was with were involved with gangs. But it appears the gunman mistook the students for members

of a rival gang, he said.

Please, save the date for the CROSSwalk Procession. Friday, 22 March, 2013.

Upcoming Events

- +Tuesday, 5 February, AWSM Bunco, 7:00 pm, Community Room
- +Tuesday, 12 February, Shrove Tuesday Pancake Supper, 4:30-7:30 p.m.
- +Friday-Saturday, 22-23 February, AWSM Women's Lenten Retreat
- +Friday, 22 February, Dads & Kids Movie Night, 5:30 pm, Community Room

Revised Common Lectionary Year C, Epiphany 4 Jeremiah 1:4-10,
Psalm 71:1-6, 1 Corinthians 13:1-13, Luke 4:21-30

Contact Info

St. Michael's Vestry
Kathy Sawyer Randolph - Sr. Warden, Shan Atkins - Jr. Warden
Pete Douglas, Lora Gier, David Bishop, Sof Ts'o
Dolores Kampert, Ray Kean, Pat Kane, Mike Savage

Cristy Cressey, John Totten, Teri Doran, Lance Marcinek
John Davis - Treasurer, Craig Anderson - Clerk
Marissa Longo, Youth Representative Madelyn Lanham, Youth Representative
Clergy and Staff

The Rev. Patrick Raymond, Rector; The Rev. Kevin Caruso, Curate; The Rev. Laurie Michaels, Deacon; Caren Hunter, Director of Little Angels Christian Preschool; David Baker, Director of Music Ministries; Thom Wibbels, Organist; Kara Joy Baker, Youth Pastor & Director of Children's Choir; Nerissa Brueckbauer, Children's Education Director & Communications Coordinator; Kim Lessner, Parish Operations; Nancy Holmes, Parish Administrator & Rector's Assistant; Jeff Schirmer, Sexton.

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The Sword is published each Thursday. Any questions or comments regarding this publication should be sent to news@stmichaelsbarrington.org.

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