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# The Sword



Your weekly connection with St. Michael's Episcopal Church

7 February 2013

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## Anniversaries This Week

## Ash Wednesday Service times:

- 6:30 a.m. Eucharist & Imposition of Ashes
- 9:00 a.m. Preschool Imposition of Ashes
- 12:30 p.m. Preschool 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

## ***Ashes, ashes, we all fall down***

*a pastoral letter from the Rector*

Dear People of St. Michael's,

Here comes Lent. It begins with ashes.

Our parish planning for Ash Wednesday may account for the words from a nursery rhyme that I haven't heard or remembered in years but that were in my mind when I awoke this morning: "*Ring around the rosie, a pocket full of posies, ashes, ashes, we all fall down.*"

A little Internet research leads me to a macabre explanation: the nursery rhyme originated during one of Europe's medieval plagues, and each line has specific plague-related associations. *Ashes, ashes, we all fall down.* The plague struck everywhere. The bodies of those who died from the plague were burned.

A little more Internet research leads me to articles debunking the plague origin theory regarding the nursery rhyme, but offering only vague alternate explanations. Theories and counter-theories aside, the final words persist. ... *we all fall down.* The words could recall our mortality. They paraphrase the best-known words from the Ash Wednesday liturgy: Remember that you are dust, and to dust you shall return. (Genesis 3:19)

## Birthdays

- 2.10 Pat Steed, Maria Kuechmann, Sally Smith, Amy Magro, Michele Campbell  
 2.11 John Brueckbauer  
 2.12 Brittany Johns  
 2.13 Jean Gale, Alexis Zgoda, Janice Rhodes, Daniel O'Riordan, Molly O'Riordan  
 2.14 Charley Wickman, Bob Gilbert  
 2.15 Marji Pullinger, Kara Nance  
 2.16 Carol Erker

## Anniversaries

- 2.13 Dayna & Scott Innoff  
 2.14 Natalie & Sergio Scotti, Kate & Simon Wirth

## Rest in Peace

- 2.10 Ralph Holvay  
 2.11 Patricia Johnson  
 2.13 Dorothy Rose  
 2.14 Ken Locher  
 2.16 Juanita Fisher,

... *we all fall down*. The words could also bring to mind the Christian notion of our 'fallen' human nature. Each of us is an example of it. Created in God's image, yes. But also falling short of the glory of God. And prone to be in denial about the depth and frequency of our fall.

... *we all fall down*. The words also bring to mind the rubric in the Ash Wednesday liturgy before the ashes are blessed and imposed: Silence is then kept for a time, all kneeling. We all fall down on our knees in penitence.

Our six Ash Wednesday liturgies at St. Michael's will include one in the very early morning, two for our preschool community, a shorter, more child-appropriate service in the late afternoon, and two services with music in the evening. You'll find the times above or on the parish website.

Please join us as we all fall down together before our God to begin the season of Lent.

-Patrick+

## Also from the Rector

+ **About the 4:00 p.m. Ash Wednesday liturgy**. Please note that this is a shorter and more informal liturgy, especially intended for families with younger children. (We had excellent participation last year, the first for this particular service!) All are welcome ... but those desiring more formality or a more contemplative atmosphere will be better served at one of the day's other times.

+ ***This I Believe*** is both a series of recorded personal essays aired in various formats on public radio stations since 2005 and a series of books by the same title. I referenced *This I Believe* in my sermon this past Sunday, in conjunction with the **Faith Reflection Groups** we're presently forming at St. Michael's. Those curious to know more about *This I Believe* can find it at [www.thisibelieve.org](http://www.thisibelieve.org). An online copy of select portions from the first *This I Believe* book, including the forward by Studs Turkel, can be found by clicking [here](http://books.google.com/books/about/This_I_Believe.html?id=6FbzdoYSol8C) [http://books.google.com/books/about/This\\_I\\_Believe.html?id=6FbzdoYSol8C](http://books.google.com/books/about/This_I_Believe.html?id=6FbzdoYSol8C). More information on Roots & Branches, the name given to the Faith Reflections Group endeavor here at St. Michael's, may be found below.

+ Your security at church: reasonable caution. The parish staff have received word of one recent theft and another attempted theft on the premises of another church in the Village of Barrington. Please do not assume the safety of valuables in or around St. Michael's. Exercise reasonable caution about

Jim Galasso, Michael  
Foort

purses, fur coats, cell phones and/or other belongings. Don't leave valuables in plain view when you park at the church. Report suspicious activity to an usher or call 911, depending on the circumstances.

### **In the Parish family**

+Those for whom prayers have been requested:

The Michaels family; Allison; Nancy; Sergio; Lynn; Anne & Bob; Millie & the Troy family; Beverly; Danny; Sue; Leslie; Connie; Nacier; Hollis; Dana; Mary; the Daro family; Mary; Debbie; Pat; Rollo; St. Cyprian Food Pantry; military troops in danger including those from our parish, especially, Zane, Ryan, Michael, Bruce, and Taylor.



*Little Angels Preschool Making Snow Angels Wednesday.*



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**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?

**There will not be a Food for the Journey on the 17th of February - instead, please, come and participate in our Lenten Preparation Event. We will have creation stations, food and fellowship beginning at 9:45 a.m. in the Community Room.**



## Shrove Tuesday Pancake Supper

**WHEN:** Tuesday, 2/12 from 5:30-7:00

**WHERE:** St. Michael's Episcopal Church,  
Community Room

**COST:** 3 & under FREE

4 & up \$5, family max \$20

**MENU:** Pancakes & syrup, sausage,  
veggie sausage, applesauce, & orange slices



**DON'T MISS THE FAMOUS PANCAKE RACES**

Come join us for food, fellowship, & fun!

**\*\*All proceeds will benefit youth ministries at St. Michael's\*\***



### **Burning of the palms for Ash Wednesday**

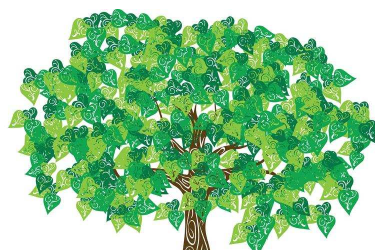
In many Christian congregations, the ashes for the Ash Wednesday liturgies are made by burning the palms from the prior year's Palm Sunday services. Weather permitting, we'll burn the palms at the end of the Shrove Tuesday Pancake Supper. Please bring any palms you may have from last year to church this Sunday and before Tuesday's Pancake Supper on 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
- +9:00 a.m. Preschool Imposition of Ashes
- +12:30 p.m. Preschool 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

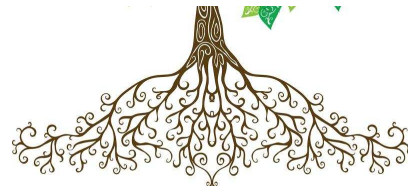


**Roots & Branches - Faith Reflection Groups at St. Michael's** Beginning in Lent we will launch our first Faith Reflection Groups. Through these



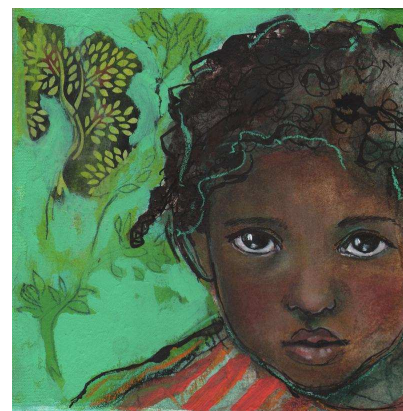
### Little Red Wagon in February and March

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



what inspires us, unites us and motivates our individual faith and our common life at St. Michael's. The groups will each include four parishioners, one of whom will be a trained moderator. Each group will meet four times for about an hour each during the next few months. At each meeting, one group member shares his or her experiences of and questions about God, religion, the Christian faith and the church -at his or her own comfort level. At the end of the process, individual groups may voluntarily find a way to share how the groups experience may help to shape our future at St. Michael's. Whether or not this invitation seems natural or not: please consider taking part in a Faith Reflection Group. Share your "yes" with Fr. Keven Caruso, or click here to complete a form for him.

groups we aspire to **connect** members to one another and to their faith community; **nourish** the faith and relationships that keep a parish vital; **grow** in our sense of



Mixed Media Painting by Maria Pace Wynters

14 available slots in addition to our 2 group leaders, Elizabeth van der Weide with Project Haiti and Deacon Laurie.

Cost \$1200

Age: 18+ without parent

16-18 with parent

Additional information on the Haiti Project can be found at [www.haitiproject.org](http://www.haitiproject.org) or contact Deacon Laurie @ [travellaurie@hotmail.com](mailto:travellaurie@hotmail.com)

### Is Haiti still calling you?

There will be an informational meeting for all who are planning to take part in the July 2013 Haiti Mission Trip on **Sunday, March 3 at 12:00 in the library.**

Participants from St Marks will also be joining us. Deadline for sign up with deposit is March 15. If you are planning to go in July but are unable to attend this meeting please contact Deacon Laurie as space is very limited. There will be



### Forward Day by Day for

**Feb/Mar/Apr:** a limited quantity of the booklets are available in the narthex (front foyer). This quarterly

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.



publication provides daily meditations based on scripture readings appointed by the lectionary and Daily Office. Please feel free to take one home.

### **From Our Youth Minister**

Chili Sale is HUGE Success--Many thanks to everyone who helped make chili, to those who ordered chili, and to those who made donations. THANK YOU, THANK YOU, THANK YOU!

#### **THIS WEEK:**

Sunday 2/10 @ 9:00-- LIFT Worship & Food for the Journey-- Family Forum to discuss Youth & Children's Ministries at St. Michael's. Parents & all youth are invited!

Sunday 2/10 @ 10:45--SMUSH Worship & Formation

Sunday 2/10, 5:30-7:00--Confirmation Class at the Sturtz House

#### **UPCOMING:**

Tuesday 2/12, 4:30-7:30 pm--Shrove Tuesday Pancake Fundraiser. DINNER WILL BE SERVED 5:30-7:00.



Sunday 2/24--Youth Advisory Board Sponsored All Parish Ski Trip. Come one, come all, this trip is open to the entire parish! Kara will be out of town this weekend, and in her absence, the YAB has decided to put together a trip to Wilmot departing from church following the 9:00 service.





**Books to read during the Lenten season are available at And All the Angels. Come check out our selection!**

**And, don't forget your favorite Valentines...a great selection on sale at And All the Angels!**



**...a sample of our wonderful variety...**



## **AWSM Bunco SUCCESS!**

Nearly 50 women gathered Tuesday, February 5th for an evening of fun, laughter and fellowship! Kay Lewis was the fabulous MC and kept the Bunco playing rollicking and fun! The group played for about two hours and at the end of the evening prizes were awarded for several categories of play.



*Kay Lewis, MC, and Terry Haycock, Bunco Queen.*

Terry Haycock was crowned the Bunco queen (tiara and all) for achieving the highest score of the evening! AWSM (All Women of St. Michaels) features a different outreach organization at each event. Last night the women attending made donations of women's and men's undergarments, socks, gloves and cash to used to purchase like items for Franciscan Outreach. Almost \$160 was collected and after a brief presentation by Kim Garrity



*Kary Caruso and Julie Allord*

and Jeff Cross concerning this ministry, several individuals signed up for a trip downtown to help at the mission on April 11th. Sally Smith is the Service Chair for AWSM and any inquiries about Franciscan Outreach or other AWSM supported ministries can be made through her. Sally will purchase additional undergarments with the

funds provided by the donations last night and an encouraging prayer is inserted into each item being donated to a deserving Franciscan Outreach client.

## **Tuesday Evenings During Lent: Join the Ladies Lenten Study**

Ladies, and friends of St. Michael's, you are warmly invited to join the "Spirited Sisters" in thoughtful conversation, reflection and

prayer this Lent, beginning **Tuesday evening, February 19 at 7:15 p.m. in St. Michael's Library**. Arrive as early as 7:00 p.m. and enjoy coffee and conversation before we get started with prayers and book discussions. We will be discussing chapter 1 at our first gathering on February 19, then meeting each Tuesday over the six weeks of Lent, with our final gathering on Tuesday, March 26 (Holy Week). Come every week, or as your schedule allows.

This Lenten study will focus on opening the doors of our spiritual life as we read and discuss Joyce Rupp's *Open the Door: A Journey to the True Self*. Structured as a daily prayer guide for everyday use over six weeks, each day offers a thematic reflection, a guided meditation, an original prayer, a thoughtful question, and a related scripture quote.

Here is an excerpt shared from the back cover of the book:  
"Discovering the many ways that doors are a potent symbol for spiritual growth, she leads readers to search more deeply for their authentic selves in fuller union with God. Readers will discover that there is seemingly no end to the insights that the image of the door can yield and that opening the door of the heart reveals the vast treasure of who we are and how the sacred is present within us. Joyce Rupp provides both encouragement and companionship for those who desire to open each new door and grow into their divine fullness."

Please contact Sue Barnum 847-304-6989 or Sally Smith 847-274-4622 with questions and to reserve your copy of this inspiring book.

**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.

### **Bishop of Chicago Announces Two Lenten Resources**

The Rt. Rev. Lee invites every one in the Diocese to read a common book and join together online to comment, reflect and share reactions to Anne Lamott's *Help, Thanks, Wow* (incidentally, the same book is the focus of the AWSM retreat later this month, and it is available at And All the Angels!) via the diocesan blog: [www.dioceseofchicago.wordpress.com](http://www.dioceseofchicago.wordpress.com) and the Diocese Facebook page. Additionally, a Lenten devotional "Renew a Right Spirit Within Me" is available from the Living Compass Faith and Wellness Ministry and can be used for personal devotions during Lent. Limited copies are available by contacting [Nerissa Brueckbauer](#) or you can download and print a free digital version of this booklet at [www.livingcompass.org](http://www.livingcompass.org). Living Compass is a new ministry for the Episcopal Church that provides a variety of resources to strengthen personal, family, and congregational vitality.

### **Upcoming Events**

+Tuesday, 12 February, Shrove Tuesday Pancake Supper, 4:30-7:30 p.m.

+Wednesday, 13 February, Ash Wednesday Services - See top of newsletter

+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, Lent 1

Deuteronomy 26:1-11, Psalm 91:1-2, 9-16, Romans 10:8b-13, Luke 4:1-13

### 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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[www.stmichaelsbarrington.org](http://www.stmichaelsbarrington.org)

The Sword is published each Thursday. Any questions or comments regarding this publication should be sent to [news@stmichaelsbarrington.org](mailto:news@stmichaelsbarrington.org).

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