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The Sword



Your weekly connection with St. Michael's Episcopal Church

14 February 2013

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Sunday, 17 February

+Lenten Preparation Event at 9:45 a.m. in the
Community Room: creation stations, refreshments,
fellowship and a short presentation on Stations of the
Cross

+Informational Meeting for the Choir Residency in
England after the 10:45 a.m. service

Spirited Sisters:

Faithful Fellowship and the Lenten Study

a letter from parishioner Sue Barnum



Ladies and friends of St. Michael's, are you curious or in search of deepening your faith and learning more about God? *Spirited Sisters* is about that and much more! We are women like you seeking to enjoy the fellowship, sisterhood, and camaraderie with others as we share ideas in thoughtful conversation, pray, reflect, and learn together. You are warmly invited to join us and experience the joy of Christ-

centered fellowship with opportunities to grow by discovering more about ourselves, our faith, knowledge of God's word, and how it applies to our lives.

Since 2007, *Spirited Sisters* have been meeting for fall and Lenten sessions. We gather on Tuesday evenings from 7:15-9:00 p.m. in the St. Michael's Library. Feel free to arrive as early as 7:00 p.m. and enjoy coffee and conversation before we get started. The last Tuesday of each month, we meet in one of our homes close to church. Come when you

- Our Website

**Anniversaries
This Week
Birthdays**

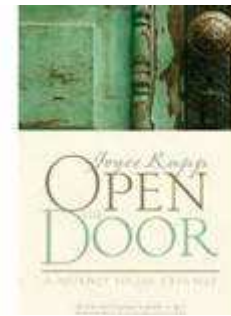
- 2.17 Ralph Belcore,
Marilyn Okonek,
Ginny Conners,
David Szarzynski,
Jack Tilly
2.18 Penny Kazmier,
Allison Lewis
2.19 Nick Aguiña,
Mary Beth Koelling
2.20 Claire Nolan,
Scott Knoop
2.22 Fran Collins,
Suzanne Fleer, Hollis
Schoepke, Connie
Wolff, Grace
LaBarge
2.23 Laura Dern,
Amy Lekai, Emanuel
Semerad, Jeff
Greenlief

Anniversaries

- 2.21 Kitti & Alan
Quarfoot
2.22 Kristy & Sean
Harrington

can. We understand that not everyone can come every week, and each week is intended to be a "stand-alone" week.

Take a step in faith today, open a new door in your life, and partake in our Lenten book study as we read and discuss *Open the Door: A Journey to the Inner Self* by author Joyce Rupp. Books can be purchased through And All the Angels gift shop. Weekly gatherings begin on February 19, at which time we will begin the book together, so no previous reading is necessary. The study continues each Tuesday for seven weeks, concluding on Tuesday, April 2.



Here is an excerpt from Rupp's book: "Always our truest self cries out to be known, loved, embraced, welcomed without judgment, and integrated into the way we live. When we open the door and go inside, God is there in the temple of our soul. The Holy One is with us in *all* of life. Our purpose for opening the door inward is to help us know and claim who we are so we can more completely join with God in expressing this love in every part of our external world."

Feel free to contact facilitators Sue Barnum 847-304-6989 or Sally Smith 847-274-4622 or drop in any time!

-Sue



Sally Smith.

Also from the Rector:

+ UPDATE ON FAITH REFLECTION GROUPS. First, a huge THANK YOU! Father Kevin and those who went out on a limb to be trained as facilitators join me in thanking the 80 members of St. Michael's who have already made a commitment to take part in faith reflection groups in the coming months. A few groups have already set a first meeting date. Most other groups will be starting in the coming week or two. If you've signed up but have not yet been contacted, please be patient as we match individuals to groups. New groups can be formed as further interest is shown. For additional information, click

Rest in Peace

2.18 Henry Parker
2.21 Agnes Sanford,
Terrence Willis
2.23 Don Johnson

[here](#) or direct your questions to Fr. Kevin at kcaruso@stmichaelsbarrington.org or (847) 381-2323, ext. 13.

In the Parish family



+Those for whom prayers have been requested:
Danny; Leslie; Connie; Nacier; Hollis; Dana; Mary; the Daro family; Debbie; Pat; Rollo; the Olson family; Brian; Andrew; Mary; Bob; Ben & Paulette; Amy; Scott; safety & peace in South Sudan; St. Cyprian Food Pantry; military troops in danger including those from our parish, especially, Zane, Ryan, Michael, Bruce, and Taylor.



Uniform of the Day in the Preschool! Director Caren Hunter and Assistant Director Sue Dreys are all "matchy, matchy" on Wednesday in the Preschool!

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.

Food for the Journey, Sunday, 24 February, 10:05 a.m.: Labyrinths are not Mazes

Walking a labyrinth invites us into praying with our bodies as we move from the entrance to the center and back out again.

Labyrinths are not mazes, but paths which follow a single course.

We have borrowed a labyrinth to provide you with an opportunity to walk one! We will begin with a brief meditation and then you will be invited to walk it.





Roots & Branches - Faith Reflection Groups at St. Michael's

Beginning in Lent we will launch our first Faith Reflection Groups. Through these 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 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.



Announcing an informational meeting for the 2014 Choir Residency in England.

The meeting will start after the 10:45 service this **Sunday, 17 February in the Library**.

Food will be provided. Questions? Please contact David Baker,

dbaker@stmichaelsbarrington.org or 847.381.2323 ext. 20.

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



Mixed Media Painting by
Maria Pace Wynters

contact Deacon Laurie as space is very limited. There will be 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 or contact

Deacon Laurie @

travellaurie@hotmail.com

From the Youth Minister

Many thanks for all of you who showed up for the SHROVE TUESDAY PANCAKE SUPPER. It was a wonderful time filled with fellowship, lots of pancakes, & FUN! We raised about \$450 towards youth ministries & mission trips!!!



Jack and Owen mixing pancake batter.

THIS WEEK:

Sunday 2/17 @ 9:00-- LIFT Worship & Kick-Off to Lent
Reflection & Activities



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

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

UPCOMING:

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. PLEASE LET KARA KNOW ASAP IF YOU ARE INTERESTED.

Friday 3/1-Sunday 3/3--HAPPENING, a diocesan retreat for highschoolers put on by highschoolers. Check out the details at <http://www.episcopalchicago.org/at-work-in-the-church/youth-ministry/happening/>



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

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 read and discuss chapter 1 at our first gathering on February 19, then meet each Tuesday over for a total of seven weeks, with our final gathering on Tuesday, April 2. Come every week, or as your schedule allows.

This Lenten study will focus on opening the doors of our spiritual

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.

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, 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.



Lenten Program 2013 Five Wednesday Evenings

6:00 pm Stations of the Cross

6:30 pm Shared meal in the Community Room

7:00 pm Two Opportunities...

#1: Faith Reflection Groups

Three groups that have already formed will meet on Wednesdays at 7:00 pm. Additional groups may be formed if there is sufficient interest. To take part in a Faith Reflection Group, share your interest with Fr. Kevin, kcaruso@stmichaelsbarrington.org, 847.381.2323, ext. 13 or complete a form by clicking [here](#).

#2: "I will, with God's help." Our Responses to the Baptismal Covenant

Wednesday, February 20

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Wednesday, February 27

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Wednesday, March 6

Will you proclaim by word and example the Good News of God in Christ?

Wednesday, March 13

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

Wednesday, March 20

Will you strive for justice and peace among all people, and respect the dignity of every human being?

**From the Renk Ministry Partnership
This request for prayers was received from Bishop
Joseph Wednesday, 6 February**

Last week Friday, the Northern Sudan Army attacked the border area in the eastern part of Renk County, first with artillery, followed on Sunday by antonov bombers. We just learned from Bishop Joseph that civilians are fleeing into Renk Town and that one South Sudan Peoples Liberation Army (SSPLA) soldier was killed, and four were injured. They were transported to the government hospital in Renk Town. He had no numbers of killed or injured civilians. He and a few of his priests have visited and prayed with the hospitalized soldiers.

While the government of Sudan denies any responsibility for this attack, the soldiers know otherwise. Tension is high. People at the border are preparing for war. Our phone conversation ended with his plea for prayers. "Please pray for us."

**A Warmer Welcome to All**

You may recall the listening sessions that took place this summer and resulted in the definitive feedback that our entry ways in the front, back and side of the church are not as welcoming as they could be. The Vestry tasked the Communications Committee with integrating efforts to make a great first impression on visitors to St. Michaels. As part of an ongoing project, the Communications Committee is now ready to move the project into the next phase-which really amounts to shifting from "park" to "drive." We collected names of several

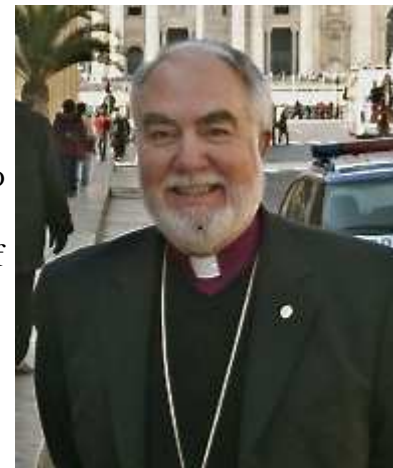
individuals at the end of the summer who expressed interest in "visioning" our next phase, but we would like to make a call one more time for others who are interested to contact Nerissa Brueckbauer, 847.381.2323 extension 15, or nbrueckbauer@stmichaelsbarrington.org, so that we may invite you to our planning meeting along with the individuals we previously identified. We plan to meet in mid-March.



Reaffirming your faith: An Opportunity to renew your commitment to a life of Faith...

How does my Christianity impact the way I live? What does it mean to be a person of faith? Is this a time in my life when reaffirming my commitment to God and the Church would be meaningful?

A number of weeks ago Father Patrick wondered what it might be like for a number of us to **reaffirm our faith when Bishop Epting visits, on April 28th**. Rather than offering a single path for all those interested in reaffirming their faith, we have made a number of paths available. You are invited to tap into those offerings that will provide you with nourishment on your journey of faith. If you know that you would like to reaffirm your faith on April 28th through reaffirmation, reception or confirmation, please contact **Father Kevin** at (847)-381-2323 or kcaruso@stmichaelsbarrington.org.



- (1) **Faith Reflection Groups** - An opportunity to share you the story of your faith and hear the stories of 3-4 other parishioners. [various times]
- (2) **Wednesday Nights in Lent: I will, with God's help** - Each week we will explore one of the five questions in the Baptismal Covenant. [Feb. 27th - March 20th]
- (3) **Food for the Journey** - In Lent and the beginning of Easter, the Food for the Journey program on Sunday morning will focus on topics foundational to a life of faith. [Sundays at 10:05am]
- (4) **Holy Week Worship (Maundy Thursday, Good Friday, Easter Vigil)** - Over three days we journey with Jesus from the Last Supper, to his Crucifixion, and finally to his Resurrection. [Mar. 28th -Mar 30th]
- (5) **The Sacrament of Reconciliation (confession)** -The sacrament of Reconciliation provides an opportunity for us to ask God's forgiveness and to make amends for the wrongs we have done so that leave behind the burdens we feel from past mistakes. [by appointment]
- (6) **Time with Clergy** - Our doors area always open to you! We can't promise answers, but we can promise to be with you on your journey of faith. [by appointment]
- (7) **Grab Bag** - design your own course of study, either on your own, or with a member of the clergy! Feel free to contact us, so we can discuss how to best support you.

More information about these offerings will be available in the coming weeks. If you have any questions do not hesitate to be in touch.

Connect, Nourish and Grow with a Daily Lenten Reflection by St. Michael's "Own"

We are bringing a St. Michael's "own" daily/weekly Lenten reflection to you. The goal will be to offer parishioners, and others who desire, a daily quote, image, and piece of scripture to reflect on. This is another way in which we hope to **connect, nourish and grow** this Lent.

We have asked guest "curators" to choose a VERSE from the Gospel for each week in Lent. This verse will serve as the inspiration/theme for the week.

The curator will then choose a QUOTE for each day.

The curator will also choose some IMAGES that connect to the scripture/theme.

We plan to offer parishioners the opportunity to "opt-in" to a once a week email to receive these weekly reflections. A print copy will also be available on Sundays.

If you would like the weekly Lenten email with all the week's entries simply click [here](#) to send an email to Nerissa that indicates "opt-in," and I will send you one email each week of Lent with the entries for the week or go to our Facebook page - search for St. Michael's Episcopal Church Barrington, IL - and read each day's entry.

**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 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. Living Compass is a new ministry for the Episcopal Church that provides a variety of resources to strengthen personal, family, and congregational vitality.



The Community Meal in February

The Community Meal is a FREE meal hosted once a month at various churches and community centers in and around the Barrington area. All are welcome!

This Month's Meal:

Wednesday, February 20, 2013

St. Anne's Catholic Church

120 Ela Road

Barrington

5-7 p.m

What's Happening in February?

- We will be serving salad, ravioli, dessert and a taste of community!

Upcoming Events

+Tuesday, 19 February, Spirited Sisters Book Study Kick-Off, 7:15

- +Wednesday, 20 February, Stations, Shared Meal, Two Opportunities, 6:00 pm
- +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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The Sword is published each Thursday. Any questions or comments regarding this publication should be sent to news@stmichaelsbarrington.org.

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