

The Archangel

St. Michael's Episcopal Church

November 2009

Step 1,a: Practicing Peace with Ourselves through Spiritual Refreshment

***I arise in the morning torn between a desire to save the world and
a desire to savor the world. This makes it hard to plan the day.***

E. B. White, Author

God's hope is for us to find a balance in our daily lives between saving and savoring the world. These are not opposite choices, rather part of God's desire is for our spiritual renewal gained in savoring and saving which inspires us to both enjoy God's creation and work to restore it to peace and wholeness.

Last month the *Archangel* encouraged us to practice peace with ourselves through loving ourselves. That each one of us is worthy of love has already been proclaimed by Jesus, God's only begotten son:

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. John 3:16-17

This verse can be quickly memorized and quoted using brain power, its great truth can however be rebuffed by one's heart, the very center of one's being where ancient lies about unworthiness, little value and perhaps victimization may have set deep roots gaining real power in our lives. Even with God's inspiration, practicing peace with ourselves, the conscious effort of self-awareness and receiving God's forgiveness at one's center can be difficult balancing act. But without awareness, feeding and sustaining those old lies may be an inadvertent common practice. Fretting can be just such a common practice. A working definition is "made rough on the surface, rubbed or worn away, peevish, fault-finding., to fret is to be in a state of vexation." It is a close cousin to facing the world with worry. Certainly such a practice has power to drive off the hope of peace from above. Psalm 37 begins: "Fret Not" or "Do not fret" and continues "fret not because of evil doers." But Jesus gives a completeness to the command "Fret not." In John 14, twice he implores "Do not let your hearts be troubled...trust God, trust also in me." Fretting about evildoers or anything else is injurious and God does not want us to hurt ourselves. Truly his command to "Fret not..." should be taken the same as "Thou shall not steal or thou shall not commit murder." The practice of fretting as a barrier to receiving in our hearts, God's truth of abundant love, for each one of us, and can inhibit the spiritual refreshment gained in practicing peace with ourselves through loving ourselves. Fretting can be such a stumbling block that neither saving nor savoring the world is fulfilled, and our participation in God's purpose is stifled. His desire for us is that we are freed to savor God's wondrous creation so that we may freely partake in its redemption.

Fretting is only one of many obstacles that bind the spiritual discipline of practicing peace by starting within ourselves. If you have tried this past month to practice peace within and found only vexation and frustration, begin again, practice God's patience and forgiveness within. "...trust God, trust also in me...and fret not."

Peace be with you,

Tige Newell, Rector

Attention All Women of Faith

The next St. Michael's Woman's retreat date has been set!!!! Mark your calendars so you have plenty of time to make the necessary arrangements in order to attend.

The retreat will take place October 22 -23, 2010. It will cost no more than approximately \$190 for double occupancy rooms -- but wait -- WE HAVE A VERY DOABLE PLAN TO KEEP THE COST THE SAME AS THIS YEAR (\$160) - more on that to come soon.

You may ask what do I need to do to make sure I don't miss the opportunity, blessings and fun?

- Just three simple steps:
1. Mark your calendar and save the date
 2. Pick up an application (available at the church) and fill it out
 3. Turn in the application with a \$40 non-refundable deposit to the church office
(Checks made out to St. Michael's Episcopal Church - 2010 Woman's Retreat)



Space is limited and if you are unsure of the need for you to attend -- just ask any of the women who just returned from the 2009 weekend -- it was awesome. We missed all of you who couldn't make it this year and are trying to plan far enough ahead so everyone will have the opportunity to commit to come.

Women's Retreat 2009

A huge thanks to all of you who faithfully prayed for this year's women's retreat. Hearts were touched by God's love and word in talks, both in the sessions and private conversations. The facilities were lovely, the weather was good, the food delicious, the message meaningful, the music uplifting and God's Spirit very present. We are thankful and we praise Him.

I will share a few of the comments from the evaluations to give you a peek at what happened over the weekend:

Special blessings and highlights:

The Celtic service and healing prayers on Sat. evening
The Mattie poems during the weekend
Sharing of personal stories in the talks
My roommate
Fellowship with all the ladies
The presence of the Holy Spirit
All the teachings

Insights gained:

"My wheel is out of balance because God is not at the center of my life."
I realize that old scars need to be healed.
My life is about the choices I make.
Girlfriends in Christ are great!
Encouragement to show more hospitality to my husband.
My need to be silent to hear God's voice.
Forgiveness!
God can use even me for His work!

Plans are already under way for next year! Stay tuned!

Note: a small silver pin of cherries was found in the hall of one of the dorms. Let me know if it is yours and I might return it.

Love you all,
Peggy



THANKSGIVING FRUIT AND VEGGIES: We will decorate the church for the Sunday service November 22nd. If you would like to contribute to veggies/fruits, make checks payable to St. Michael's Church and note "veggies/fruits." All monies need to be in by November 15th. Fruits and veggies will be given to Lafayette House after the service.

St. Michael's Vestry

Nomination and Election Notification

Election of our new Vestry representatives will occur during the parish Annual Meeting Sunday, December 6, 2009. All active parish members in good standing, age 16 and over, may vote at the Annual Meeting.

The first call for vote will be for our new Vestry representatives. There is a custom that twelve people serve on the Vestry, but there is no mandate that twelve must serve. We are receiving nominations for persons to fill 2-year terms with a third year option. **St. Michael's needs Vestry members who will employ their leadership skills and work as a team member for the benefit of the parish community under the Lord Jesus.** Our parish would be of greater service to the Lord Jesus and His people if those serving on Vestry brought with them enthusiasm, willingness to "color outside of the lines" or consider new possibilities for our life in Christ and to serve as needed. Service on St. Michael's Vestry should be looked upon as a call from our Lord to this ministry.

St. Michael's Vestry members should:

- Model spiritual maturity by prayer, word and action.
- Seek God's will for St. Michael's and work toward this over and above personal issues and preference.
- Live in their home and function in their workplace to honor the lordship of Jesus Christ in their lives.
- Exhibit mental and emotional soundness, reflective of a pursuit of a balanced life.

Members of St. Michael's may nominate one or more members from our congregation. Members may also nominate themselves if they believe our Lord may be calling them to serve on the Vestry. Each nominee should sign a Vestry nominee Letter of Commitment and return it to the church office or the Rector's mailbox by Sunday, November 22nd.

VESTRY PROFILE

I. Eligibility. The Canons of the Episcopal Church and the Diocese of Southern Virginia determine eligibility as follows:

A. One must subscribe to the Declaration of Conformity to the doctrine, discipline and worship of The Episcopal Church:

I do believe Holy Scripture to contain all things necessary to salvation; and I do solemnly engage to conform to the doctrine, discipline, and worship of the Episcopal Church; and I promise that I will faithfully serve as a member of the Vestry of St. Michael's Parish in Colonial Heights, VA according to my best knowledge and skills. (Canon XVII, Section 8: Qualifying Declaration)

B. One must be at least sixteen years of age and a "Confirmed-Communicant-in-Good-Standing."

1. A Confirmed Communicant is a baptized person who has been confirmed or has been received into the Episcopal Church in this parish or has a letter of transfer on file and has received communion at least three times within the last twelve months.
2. A Confirmed Communicant "in good standing" is one who is active, attends church regularly, participates in parish events and financially supports St. Michael's on a regular basis.

C. One must have at least one year break or sabbatical between each term served.

D. It is the policy of St. Michael's Episcopal Church that married couples do not serve on the Vestry at the same time.

E. The Rector and Vestry Nomination Committee, which consists of those Vestry members completing their term, reserve the right to question a nomination for pastoral concerns.

II. Church Government. Policy within the Episcopal Church is representative.

A. The Vestry of St. Michael's is comprised of the Rector and up to twelve members of the congregation who are elected at the Annual Meeting.

B. A Register and Treasurer are extended seat and voice privileges, if they do not sit on the Vestry.

C. All Vestry meetings are open for anyone to attend, except when in "executive session."

III. Spiritual. The Vestry is to seek the "mind of Christ" for St. Michael's.

A. Vestry members have received Jesus Christ as Savior and know or are coming to know Him as the Lord of their life.

- B. They seek the power of the Holy Spirit for their lives and ministries.
- C. They commit to praying for the church and members on a regular basis.
- D. They are a financial supporter of ministries and works God is doing through St. Michael's:
 - WE COMMIT ourselves to the biblical minimum standard of giving 10% of what God has given us. We also commit that every Vestry member will continue to increase giving until the tithe is reached or exceeded.*
 - WE ENCOURAGE the entire congregation of St. Michael's to join the Vestry in this commitment.* (from the Vestry Stewardship Statement)
- E. They commit to the concept of unanimous votes on all Vestry matters as a safeguard for determining the Will of God and Vestry action.

- IV. Responsibilities. Each Vestry member is responsible for attending:
- A. Regular Commission meetings (Monthly meeting date set by commission).
 - B. Regular Vestry meetings (Currently, 1st Monday of month, 7:00pm).
 - C. Special Vestry and/or Commission meetings, if called.
 - D. Annual retreat(s) for planning, fellowship and spiritual refreshment.

- V. Commission Membership.
- A. Currently there are six commissions, each with Vestry and non-Vestry members.
 - 1. Administration and Finance: Financial and day-to-day operations.
 - 2. Christian Formation - Children.
 - 3. Christian Formation – Adults
 - 4. Communications
 - 5. Hospitality for New and Current Members
 - 6. Prayer and Worship
 - B. Each elected member of the Vestry serves on one of the commissions.

VESTRY NOMINEE LETTER OF COMMITMENT

The Vestry meets once a month. Vestry members are expected to attend regularly and notify the Rector or Senior Warden when an absence is necessary. These meetings are held on the first Monday of each month. (Occasionally schedule conflicts cause us to hold them on an alternate date.) Formal Vestry meeting begins at 7:00pm with prayer. On-going and new business are addressed and voted on as necessary. Commission reports are received. We close with prayer, usually about 9:00pm.

Each Vestry person serves on a Commission (a standing committee) and may or may not chair that body. Each Vestry person may, in addition, be expected to head or serve on one or more special committees during the year or carryout special projects as requested by the Rector or Wardens.

A term of office is for two-years, with one year off before a person may be elected again. The only exception is when a person is elected to fill an unexpired term. Then he/she may run for another two-year term upon the completion of the unexpired term, without the year interval.

Also, during each year, each Vestry person is expected to attend a retreat/planning session of one or two days, and a one day evaluation session. Obviously, whichever commission you serve on will meet throughout the year – some, more than others.

There is another aspect which is intrinsic. Vestry member accepts the responsibility of spiritual leadership, as well as business responsibility. Regular church attendance and attendance at special services, whenever possible, is assumed, as well as a desire to serve the Lord in whatever fashion gifts dictate. It is assumed that everyone who is willing to serve believes in the Divinity of Jesus Christ, of the Lordship of God, the Father, and of the Power of the Holy Spirit. It is also assumed that anyone serving in this capacity will pledge to the financial support of the church and is a confirmed Episcopalian, being a voting member and communicant of St. Michael's Church.

Besides the above, an openness to grow in one's understanding of God and His power as known through His Son and the Holy Spirit would be necessary to fulfill the position as a Vestry person. A part of each Vestry meeting will be dedicated to this goal. We pray that you will respond.

----- detach here -----

(Due November 22nd to the church office or the Rector's mailbox)

Understanding the responsibilities as outlined above, and after prayer and much thought, I happily allow my name to be placed in nomination to serve as a Vestry person in St. Michael's Church.

(Date)

(Signature)



Birthday party will be on
November 15th
after the 10:30am worship service .

NOVEMBER

- 1 Leslie Wright
- 4 Diane Wilson
- 5 Guy Allen
- 6 Katelynn Hood
- 10 Maia Vasiloff
- 12 Kelly McCulloch
- 14 Stacy Stafford
- 15 Marian Barfield
- 16 Berkley Stafford
- 17 Robbie Chamberlain
Mark Roudabush
- 19 Cady McDonough
- 20 Tom Randolph
- 21 Margie Ditri
Joe Moore
- 26 Leslie Peterson
- 28 David Warriner

Anniversaries

NOVEMBER

- 3 Jay and Sabine Allen
- 10 Rob and Jane Elliott
- 25 Joe and Cindy Moore

December Archangel Deadline

Monday, November 16th , 9:30am
Ministry Schedules due for December – February also.

Sharing

Fr. Tige received the following letter from The Rev. Sarah Nave, Minister at Covenant Presbyterian Church, Petersburg, after "Alleluia on the Lawn."

Dear Tige,

Thanks so much for your very gracious and affirming note to our Praise Band. I've made a copy for all the band members to encourage their music ministry.

It was great meeting you and sharing in ecumenical praise. Your church and members are lovely.

*Blessings,
Sarah Nave*

Dear Brothers and Sisters in Christ,

Thank you so much for your calls, prayers and flowers. They have meant so much to us during this fight against cancer.

You are well named as "St. Michael's" since Michael is an archangel and God's head warrior angel. We are blessed to have you join us in our battle.

While our time together was short, our bonds in Christ are eternal and we are so happy to be part of the family of God with you.

May God continue to bless you richly!

In Jesus' Joy,
Sam and Cheryl Tinsley



Thanksgiving Worship Service

Wednesday, November 25th, 7:00pm

Please plan to join in worship as we pause to thank Him for our many blessing.

*The Common Purpose of St. Michael's
Episcopal Church is:*

*We're growing to be who Jesus wants us to be and
do what He wants us to do.*

It's That Time of Year...Again

We have agreed to sponsor a family for the Christmas Mother of Colonial Heights and Chesterfield. This year we have:

- Jordan, a 7 year old boy who likes "all boy stuff" including GI Joe, skateboarding, basketball and wears size 8 or medium clothes.
- John, a 6 year old boy who also likes "all boy stuff" including monster trucks, cars, football and soccer. He wears size 6 clothes (small)
- Savannah, a 4 year old girl who would like an Easy Bake Oven, dolls (Dora or Bratz). She likes "anything girly." Her clothing size is 4 or small.
- This year they have asked for no gifts for the parent as there are so many more children needs this year. However we do know the mother Donna is 27 years old but we do not know sizes. A family gift is suggested, i.e. towels, dishes, etc.



Again, thank you for your help, which is always significant in ways we cannot always measure.

Not sure of what to donate? Monetary contributions are always helpful and appreciated. Julie and I will be happy to shop or wrap and deliver.

Jane Elliott

Summary of Vestry Minutes

Regular Meeting
October 5, 2009

- Bob Wilson, Junior Warden, reported that the sanctuary air conditioner needs replacing. Cost approximately \$20,000.
- Stewardship campaign upcoming with Ingathering Sunday November 22nd
- Annual meeting set for Sunday, December 6th, 9:15am.
- Candidates to serve on Vestry being sought.
- Guidelines being developed due to H1N1 concerns.
- Jane Elliott reported on Health Fair plans.
- Steve Hood's possible parole was discussed. He will need help with housing and finances.
- We have info on our Christmas family (see article elsewhere in this issue)
- Recommended change in order of Sunday worship to include announcements before the recessional.



Dates to Remember

Sunday, Nov. 1	2010 Budget Requests Due
Monday, Nov. 2	Vestry Meeting, 7:00pm
Thursday, Nov. 5	Spaghetti Dinner
Sunday, Nov. 15	Operation Christmas Child Shoe Boxes Due Have your money in for Thanksgiving Fruit and Veggies
Monday, Nov. 16	December <i>Archangel</i> Deadline
Sunday, Nov. 22	Stewardship Ingathering Vestry Nomination Deadline
Wed., Nov. 25	Thanksgiving Worship Service, 7:00pm
Sun. Nov. 29	First Sunday of Advent

Update on Steve Hood

First of all, for those of you who correspond with Steve, effective November 1st his inmate number will be 1129595 (no longer 319039). The state is going to a new numbering system.

Steve still awaits the outcome of his July hearing and his early September Parole hearing. As of the *Archangel* deadline, no decision has been made (or communicated) on either.

Both hearings appeared to go well. The judge in the July habeas hearing had predicted a decision to be made in early September, but delays continue. If the Parole Board grants parole, that would be effective sometime in the month of November.

Please continue to keep him in your prayers as his suspense and imprisonment drag on.

Meanwhile, due to obvious and gross negligence on the part of his lawyer, Steve is essentially firing him and requesting a replacement. This situation, too, needs prayer.

For further information, you may contact Lynnice Randolph, Hank Graeser or Pete Devereaux.

Lynnice Randolph

Update from Steve, October 17, 2009

On October 15, 2009, I was turned down for early release on parole by the Parole Board.... I thank all of you who wrote to the Parole Board on my behalf....I have not received a decision from the court regarding my hearing held on July 9, 2009, nor do I have any information that a decision has been rendered. I remain hopeful that I will be victorious. Nevertheless, considering the treatment of the courts and the Attorney General regarding my case in the past, I continue to attempt to be prepared for 3-4 steps in advance, in the event that I am unsuccessful in this court proceeding.

Youth Ministry News

The nine youth had a great time at October Weekend. The theme was Christmas in October and it sure felt like it. This was the coldest weekend I could remember. All of them left with free hugs and warm fuzzes.

Our October meeting was led by Joseph Gay and he did a great job.

On November 5 we are holding our annual Spaghetti Dinner from 5 to 7:30. We are accepting donations. We will be taking take out orders. All are welcomed.

We will be collecting shoeboxes for Operation Christmas Child on the week of the 16th and delivering them to Covenant Christian on the 21 and 22. Thank you for your support with this very special outreach.

Praise be to God.

Your servant,
Michael



Why Me???

That's an interesting headline and very good question. As the new "guy" on the block as far as the Vestry, I wanted an opportunity to respond to the question "Why me?" The Vestry position, or some may call it a "job," has lots of perks; only one meeting a month, a voice in the church's mission and budget, and an ability to take ideas and concerns from the congregation and turn them into action. Take for instance the new icemaker, not a huge deal, except for those who had to run to the store on Sunday morning to get the additional ice needed for coffee hour. Now we have our very own and plenty of ice on a daily basis. Recently there was another suggestion from the congregation, and now we have softer and more comfortable chairs. We still have more to do; we will continue to work on concerns and suggestions. So how about joining us and becoming a voice for the congregation? The pay is not great, but the satisfaction is a reward in itself.

Please read the Vestry Profile in this *Archangel* and give your name to Tige if you would like to explore this opportunity; we could use your help.

Jane Elliott

H1N1 Prevention

Initial Recommendations for St. Michael's

If anyone is sick, they should not come to church as an act of care for others.

Be aware that H1N1 and other viruses and colds are spread most often by person-to-person contact such as hugs and handshakes, so we might consider amending how we greet one another or exchange God's Peace for this flu season. There are bottles of hand sanitizer at the entrance to the Sanctuary and in the Parish Hall for abundant use. The common cup used in Holy Communion, research informs, is far less likely to spread viruses than a touch.



If necessary we will make further recommendations for the common good and care of one another.

Supporting God's Work in and Through St. Michael's

I hold a unique position. I sit along side everyone in our sanctuary who supports our various ministries in God's work with a financial commitment made each year. I also have the privilege to visit with those who are homebound or hospitalized, and contact our visitors or new folks. And it is not uncommon that opportunities for ministry and prayer present themselves when I am "in collar" at the local Ukrop's. All these are part of God's work in and through St. Michael's.

This past year there has been significant increase in requests for help with utility bills, prescription drug purchases, weekly rent and food for families. Difficult times are the daily experience for many in our tri-cities area. Distribution of funds for real needs of people beyond our parish is part of my duties but more importantly, part of God's work given to us. Together through St. Michael's annual budget process we provide funds for the discretionary fund to address some of these real needs in our area. Those whom we are able to offer assistance often express real relief. I inform them that this is possible because of your love for Christ and your felt responsibility to help spread His love to others.

Thank you for faithful support to God's word in and through St. Michael's.

Your Brother in Christ,
Fr. Tige

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RETURN SERVICE REQUESTED



Come, Thankful People...
Worship with Us
Wednesday, November 25th
7:00pm