

The Archangel

St. Michael's Episcopal Church

October 2009

Step 1: Practice Peace with Ourselves through Loving Ourselves

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength.

Mark 12:30-31

St. Michael's hears this charge from the Lord Jesus every Sunday, so much so, in fact, that we may let it speed past our hearing without so much as a thought. Perhaps its weekly repetition makes it seem unimportant or it's such a huge command, that to take it seriously, we do not know where to start. A recommendation for a starting place is step 1, practice peace with ourselves through loving ourselves. There are many reasons why, as a whole, we are not very good at this, many have never been taught the value of this or have been instructed against it, resulting in discord. Practicing peace with ourselves is an important place to begin mending that inner discord so that we can begin to live into Jesus' charge to us. The foundation for this comes from an often referenced text, John 3:16-17:

For God so loved the world that he gave his one and only son, that who ever 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.

These verses testify that God's love for each and every one of us is deep and rich because he gave over the life of his beloved son for each one of us by his choice, that's how much he loves. We learn to believe this great truth with our mind but our inner most being is a different matter because that is the seat of the discord where the lies of our unworthiness and little value have taken root. This makes it difficult to know God's peace at our very centers. Believing by trust and faith is very different than believing by feeling something is true. Feelings and emotions can deceive us. It is therefore vital to grasp hold of God given love by faith, because this alone testifies to the worth and value God himself has given. He knows us better and more deeply than we know ourselves and has made his choice ages ago to love.

Learning to allow the truth of God's great love for each of us to conquer the lies rooted within is a challenging journey. Therefore it is important to extend patience and empathy to ourselves even if we have not done so in the past. When we extend and receive patience, empathy and understanding for ourselves we become more accepting of the frailties and lapses of others recognizing that many others are like us, trying to do well, and honor commitments but don't always succeed. Practicing peace with ourselves with God's inspiration, is the conscious effort to be more empathically self-aware, so that we can grow in forgiveness of ourselves for today and towards forgiveness for self of transgression from long ago. This is God's will for us because he forgives the instant we utter our transgression of thought, word or deed. When we receive God's patience and forgiveness at our center, it pleases God because forgiveness gives peace within. When we continue the journey with greater peace at our centers we can be effective instruments of God's peace in his love, God's unity by accord within, and be a reflection of God's light where there is darkness. Opportunities to be an instrument of God are surprisingly more frequent when we are on the journey of practicing peace with ourselves; and this journey becomes blessing to our Lord, our neighbor and ourselves.



Peace be with you,

Tige Newell, Rector

Special Thanks & Update on Scott Andrews. . .

I spoke with my son, Steven, last night for almost an hour. It was a wonderful conversation and he asked me to thank you for your prayers for Scott, who was in a horrific automobile accident a few weeks ago. Our family has been witness to a series of miracles regarding the accident itself and Scott's survival. Steven and I both know that your prayers and those of others have helped Scott to be where he is today.

Scott went to the doctor last Tuesday, thinking they would schedule his neck surgery. After review of some tests and x-rays, the doctor said it looks as though some natural healing is taking place and he will see him again in 2 weeks to review his progress. If Scott escapes having surgery, we can count another miracle. But, whatever the outcome, he is an amazingly blessed young man. I talked with him a few days ago and he said to me, "Mimi, I know I must be here for a reason." Indeed, we, who love him, are also blessed, too. God's grace has surely been felt.

My son said after he saw the crumpled car and where the accident occurred, he is convinced that an angel jerked Scott out of that car. Rarely can anyone say it is best to be ejected from a car, but in this case, having no seat belt was in Scott's favor and going out of the window kept him alive. God is faithful all the time!!

I cannot thank you enough for your prayers and your kind thoughts. I would be grateful if you will continue to pray for Scott's healing and also for Jacob Harris' family as they grieve his death. I continue to see God's work in all of you. The family of St. Michael's means so much to me.

Phyllis Cheely

Sunday School

The first two weeks of Church School at St. Michael's have flown by! We have had a great beginning. ON the first week, Moses even visited the class in order to help the Israelites cross the Red Sea. Week two found God providing water for his people from a rock. Lessons for the fall quarter also include the Ten Commandments, the Israelites worshipping a golden calf and then building the Tabernacle. The quarter ends with Joshua becoming the leader of the Israelites, the Israelites crossing the Jordan River, and the Battle of Jericho. Our four dedicated teachers this year are Penny McCulloch, Heidi McMurdo, Milly Thompson, and Julie Wilmarth. Kelly Vasiloff is our substitute. They are excited about using our new Faith Weaver Bible Curriculum and about meeting with all children age four through fifth grade each week. Please come and join us. We have a place for you.

Lisa Horne

Youth Ministry News

This September we opened our meeting with the Amazing Race. I would like to thank all the parents who helped with the event.

The EYC is recycling ink cartridges. The EYC earns up to \$4 for each one. The box is in the hallway. The ink cartridges must be in a zip lock bag. We accept all ink cartridges **except Epson**. Please help support the youth.

We are starting up Operation Christmas Child; our goal is to fill 40 or more shoeboxes by November. **ITEMS:** toothbrush, toothpaste, mild bar soap (in a plastic bag), comb, washcloth, etc.; Hard candy and lollipops (please double bag all candy), mints, gum, T-shirts, socks, ball caps; sunglasses, hair clips, toy jewelry, watches, flashlights (with extra batteries)

October weekend at Chanco will be from October 16-18. Please pray for the 9 youth who will be attending the weekend.

Your servant,
Michael

Town Meetings

Special Council is being replaced by regional Town Meetings. The most convenient meeting for us will be held Thursday, October 8, 7:00-8:30pm, St. Matthias, Richmond. St. Michael's clergy and delegates are expected to attend; all others are welcome to attend.

Thanks



Thank you all for the generous monetary baby shower gift. My church friends hosted the nicest baby shower for us, and I can't express my gratitude enough for everyone's generosity. We appreciated everything.

We also appreciated the altar flowers that were sent to us in July.

Thanks again!
Mike, Kristi and
Mallory Renshaw



Happy Birthday

Birthday parties will be on
October 18th
after the 10:30am worship service .

OCTOBER

- 3 William Noakes
- 4 Mitzie Lyman
- 5 Jessica Forte
- 10 Reese Burke
- 12 Paula Greene
- 13 Daniel Roberts
- 14 Eric Kaseloo
- 16 Nancy Derrick
- 18 Bev Gay
Toni Hashbarger
- 20 Bob Chamberlain
- 21 Eric Ditri
Maria Gardner
- 22 Debbie Roudabush
- 24 Margaret Traylor
- 25 Cody Schabillon
- 26 Caitlin Newell
Ian Newell
- 28 Tom Thompson

Anniversaries

OCTOBER

- 1 Kevin and Lisa Erickson
- 4 David and Cindy Warriner
- 10 Jack and Charlotte Price
- 28 Dale and Kim Williams

ECW

The October meeting of ECW will be Thursday, October 15th, 11:00am in the Fowler Room. Our Bible study will be on The Lord's Prayer. After a short business meeting, we will go out to lunch at a local restaurant. Any questions, call Mary Lynne at 520-4618.

Women's Retreat

"Living in the Balance"

Friday, October 9, 5:00pm – Sunday, October 11, 2:00pm.

Please pray for the Women's Retreat.

November Archangel Deadline

Monday, October 19th, 9:30am

Ice

To all users of the kitchen:

In case you have not heard we now have an ice maker. It is located under the sink next to the refrigerator. However, we have a LOT of ice in bags in the freezer that we need to use up to make room for goodies so PLEASE USE that ice first!!

Dining in.....

Pot luck is coming up on Oct. 4th.

Any meat casserole or a meat loaf would be a great addition as cooler weather is upon us and we need a little heartier food. Tossed salads are always a hit too. This is a great time of "getting to know you better" so even if you forget, can't afford it or are just toooooo lazy, noone will know if don't bring anything. We just want YOU there!!!!

Missing....A small white folding table (approximately 40 X 18in.) that is marked "Property of the Altar Guild." If you know where this table is, or if you have borrowed it, please contact Carolyn Mason at 526-0090. Thanks.

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RETURN SERVICE REQUESTED

Mark Your Calendars

Invite family, friends and neighbors...



Alleluia on the Lawn

October 3, 2009
2-5pm

Music & Song on St. Mikes Lawn.

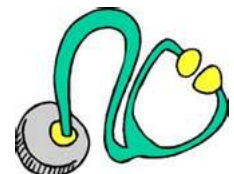
Families and Friends Invited.

Kids Activities.

Bring a lawn chair and a friend. A great opportunity to promote St. Michael's
IT'S FREE!

Health Clinic and Useful Information Saturday, October 24th

9:00am-12:00pm St. Michael's Parish Hall
(Enter from rear parking lot.)



Heart to Heart...express

A Marriage Enrichment Seminar

in Richmond, VA
November 13-14, 2009

Presented by:
The Barnabas Center

Facilitators:
Palmer Trice and Robert Edwards,
Counselors and Teachers at the Barnabas Center

Hosted by:
Stony Point Church
Fri., Nov. 13, 6:30pm
and
Third Presbyterian Church,
Sat., Nov. 14th, 9:00am-5:00pm

Every couple struggles to find the time and the right environment to talk about the things that matter. And most couples struggle to keep their love for each other primary as they discuss the little things. Heart to Heart is a unique marriage weekend designed to meet each couple at a point of growth. It is a weekend designed not just to teach Biblical principles and truths but to insert them in very practical ways into your relationship.

Conference Fee (per couple): \$150. Childcare (ages 5 and under) \$10 per child. Meals are on your own.

See the brochure on the bulletin board for more information and registration form/information.



Summary of Vestry Minutes

Regular Meeting

August 31, 2009

- **Alleluia on the Lawn**, Saturday, October 3 – plans discussed.
- AC in sanctuary has been repaired. Replacement of the unit will be necessary in the spring.
- Fr. Tige asked for help with Blessing of Animals, Saturday, September 26th.
- Food collected at the church is being taken to Covenant Christian's Food Bank.
- Next meeting is October 5th, 7:00pm.

*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.*

OPERATION INASMUCH

Mobilizing Believers In Their Community

What is it?

Operation INASMUCH is taken from Matthew 25:40, where Jesus states, "Inasmuch as you have done it unto the least of these my brothers and sisters, you have done it unto me." Colonial Heights Churches are planning a day for "helping people" in the community. This will be done through simple acts of kindness with no strings attached. Individual churches will be offering ministry to the community. As you know, our church, Saint Michaels, is having a Health Fair. We are also collecting food for distribution to those in need. Food will be distributed by Covenant Christian Church and Pavilion of Joy. Hopefully, all of the other churches involved are collecting food along with us. Other churches are having health fairs, home repair, blood drives, harvest festivals, yard sales, etc. This project will show the community that we are working together as "God's People", unified, not separate, facilitating community. You can be involved by supporting your churches project or by helping another church with Operation INASMUCH, simply contact them.

When Is it?

October 24, 2009, 9:00 am until 2:00 pm

Where is it? (Listed below are churches that are currently participating)

- **Covenant Christian Fellowship** (food distribution and possible lunch for volunteers, offering sign up for parenting class – 1 session) We also need a count of volunteers for lunches.
- **Pavilion of Joy** (partnering with Covenant in food distribution and collection)
- **Highland Methodist** (yard sale, pancake breakfast, blood drive, collection of food, offering sign up for parenting class – 1 session)
- **Ivey Memorial UM Church** (Food Drive / collection of food / home repair)
- **Swift Creek Baptist** (Health Fair, Harvest Festival)
- **Life Church** (yard care for people in need, repair, and collection of food)
- **St. Michael's Episcopal** (Health Fair and collection of food)
- **Saint Ann Catholic Church** (Food collection in partnership with Ivey Memorial)
- **R.O.C. The Reach Out Center** (thrift store and community connections for people in need. Volunteers needed and contributions of anything for the store)