



OUR MISSION

St. Michael's Episcopal Church, centered in Jesus Christ, welcomes all who desire to grow in their relationship with God.

WORSHIP SERVICES

Sunday Eucharist

8:00 a.m. Rite I

10:00 a.m. Rite II

5:00 p.m. Taizé Eucharist

Weekday Eucharist

Tues, 7:00 a.m. Rite II

Thurs, 6:00 p.m. Rite II

PARISH CLERGY

The Rt. Rev. Barry L Beisner,
Bishop of Northern California
The Rev. Canon Mary Hauck,
Rector

The Rev. George Foxworth,
Associate for Pastoral Care
The Rev. Rodney Davis,
Associate for Spiritual Formation

2010 VESTRY

Kay Griffin, *Senior Warden*
Bill Hegland, *Junior Warden*
Kati Braak, *Clerk*
Donna Arellano, Jim Carpenter,
Dave Decker, John Gallapaga,
Sue Gaston, Mary Groesbeck,
Dale Morgan, Jim Sargent, Jim
Wiley, *Members*

STAFF & VOLUNTEERS

Melissa Lovin, *Secretary*
Glenn Croy, *Sexton*
Harry Hills, *Treasurer*
Cathy Burns, *Bookkeeper*
Cathy Harmon, *Family Ministry*
Kristi Fischer, *Nursery Teacher*
Darcie Larkey, *Youth Leader and Messenger Editor*
Constance Weichert, *Music Director*
John Cozza, *Organist*



A Message from The Rev. Canon Mary Hauck, Rector

Lent is often called a journey. That means that at the end of Lent we should expect to find ourselves somewhere different from where we started. Our destination is Easter, what one writer calls "our promised land and homeland." Serious journeys require maps, with pointers and guideposts, to make the journey worthwhile. There is the starting point and the destination, but there are stops along the way. Sometimes we encounter an obstacle; sometimes we find points of refreshment. Both experiences increase our appreciation and joy at the journey's end.

The obstacles may present real challenges. Lent is a time for serious introspection leading to genuine amendment of life. But the Lenten journey also offers points of renewal and refreshment. The readings for Lent, coupled with the Lenten Sermon Series can provide guideposts. With Jesus as our model, we can use the season to improve our spiritual, emotional, and physical condition. Growing in self-awareness and self-discipline, we can develop our strengths for building up the Kingdom of God. Jesus calls us to give ourselves to great causes. Lent can be a time to gain clarity of mission and develop a discerning mind and heart regarding our role in that mission. It is also a season to gain support and encouragement for our Christian faith, as well as a time to draw closer to the heart of God through solitude and meditation.

Our Lenten journey began on Ash Wednesday, February 17th. It continues until Good Friday, April 2nd. In this newsletter you will find opportunities for worship and spiritual formation. I wish you a prayerful, intentional, and Holy Lent.

Faithfully,
Pastor Mary +



Lenten Weekday Eucharist: Consider adding a weekday Eucharist to your Lenten discipline. On Tuesdays at 7 am and Thursdays at 6 pm, St. Michael's will have a short (30 minute) Eucharist. There will also be fifteen minutes available prior to the start for silent meditation.

Available for your Lenten Devotions: Episcopal Relief and Development has published a booklet with meditations for Lent. Please pick up one from the ushers' table or in the Parish Hall. We hope these enrich your Lenten journey. A link is also available on our website under "Quick Links" at www.stm-ca.net.



**A Message from The Rev. George Foxworth,
Associate for Pastoral Care**

Dear Sisters and Brothers in Christ,

I was talking about Lent with one of our parishioners the other day and she observed that her father always used to give up watermelon for Lent. Of course, in that day and age, there was no watermelon from Chile or Brazil, so giving up watermelon in late winter or early spring was no stretch.

When I was a child, I always gave up ice cream. This was in the 1940's, partly during World War II, and in the economic down-time following the Great Depression. So, again, giving up ice cream was no great stretch. We couldn't afford it anyway.

Lent, for most of my growing up time, was about giving up something. Then, as I got older, it became about taking on something: a new spiritual discipline, a special reading, more time in prayer and meditation. What this did for me, unfortunately, was to keep the focus on me, on what I was doing; how good (or bad) I was being in keeping (or not) my Lenten discipline, and my need to work my way into heaven.

That's called "salvation by works," and it's a great temptation for us. If we can only be good enough, do enough charity, give up enough watermelon or ice cream, God will forgive us and love us more.

That, I think, is starting the equation at the wrong end. It's not about what we do to earn God's love and forgiveness. It IS about taking the focus off of ourselves and looking at what God has done for us already in the birth, life, death, and resurrection of Jesus.

The very word "Lent" means springtime. Lent is not for wallowing, but for experiencing re-birth, coming alive again by giving more time to remembering just how much we are loved, how much we are forgiven, how much we are cherished, how much compassion God has for us; all whether we think we deserve it or not.

My experience has been that it is far easier to think about what a mess I've made of my life than it is to think about how much God loves me. But there is not much point in thinking about where we've missed the mark if we aren't using that to open ourselves to the fact that we're forgiven and cherished for who we are.

The days are getting longer, the trees are bursting into flower, and spring is truly right around the corner. It is a time to think about love; the love that God has for us that brings about so great an event as the Incarnation of Jesus Christ and the new life that he brings.

So, Lenten blessings. May this be a wonderful time to prepare ourselves for that bursting forth of the assurance of God's love at Easter.

Faithfully,
George+



A Message from The Rev. Rodney Davis, Associate for Spiritual Formation

The Season of Lent Calls to Us

Dear Friends:

I believe that everyone has some form of spirituality. It may be Christ-like or as bland as a tuna casserole. It may be selfish, destructive, and even daemonic, as in the case of religious terrorists who blow up men, women, and children in the name of God. Quite often we do not articulate our spirituality and we are not even conscious of it. Saint Augustine named it *ordo amoris*, the ordering of our loves. It mirrors what we most cherish and desire. And it is not necessarily what we profess to believe, but rather how we order our loves. As such, it permeates our entire lives and we witness to it --- consciously or unconsciously --- in how we use our time, spend our money, and care for our relationships. Christian spirituality is rooted in our identity as Christ in the world. We live that identity as we haltingly struggle to follow his great charge to love God and our neighbors. As such, our spirituality is intensely practical and real. It is how we live out our professed beliefs.

The Season of Lent calls our attention to the order of our loves and gives us opportunities to reconfigure them so as to strengthen our relationship with God. In addition to programs on prayer; classes leading to confirmation or the renewal of baptismal vows; and a new Renovaré group, the Parish is offering two opportunities to attend a weekday Eucharist as part of our Lenten discipline. Each service lasts approximately 30 minutes and consists of a lesson, prayers, and communion. One service is offered on Tuesdays at 7 a.m. and the other on Thursdays at 6 p.m. Over the years I have gradually turned from Lenten disciplines that curtail action, such as not eating Godiva chocolate --- to positive disciplines that strengthen my relationship with God. Attending a weekday Eucharist is a wonderful way to do this.

It is never too late to become more attentive to our relationship with God. While you may have missed some of this year's Lenten programs, it is not too late to attend a weekday Eucharist.

God bless you.
Rod+

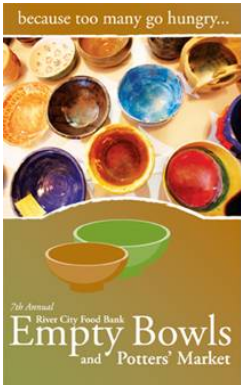
+ + +

Allen Treat, Rest in Peace

St. Michael's has received word that well-loved, former parishioner, Dr. Allen Treat, passed away on January 24, in Santa Rosa, at the age of 94. Allen and his wife, Buffy, were very active members of St. Michael's until 2001. Many will remember Allen's wonderful sense of humor, his love of music and his love of theater. Buffy and he were married for 60 years and have 5 children. Services were held for Allen at St. Patrick's, Kenwood on February 6, 2010.

Parish News and Events

Empty Bowls Event Expands to Fill More Bare Cupboards in Sacramento



With demand for emergency food supplies growing rapidly, River City Food Bank is expanding its Empty Bowls event to include an evening event featuring wine, hors d'oeuvres and a soup supper on **Monday, March 8th from 5:30 p.m. until 7:30 p.m.** The popular luncheon on **Tuesday, March 9th, with its 11:30 a.m. and 12:30 p.m.** seatings, will continue as before with a delicious array of soups prepared by area chefs and restaurants. Attendees at both events can choose from hundreds of handmade bowls designed by students and artists from throughout the region, as a powerful reminder of the many empty bowls in our community. Both events will be held at the Sacramento Masonic Temple located at 1123 J Street in downtown Sacramento. Tickets for the evening event are \$50 each, while tickets for the luncheon are only \$25 each. Both may be purchased

through the agency's website at <http://www.rivercitycommunityservices.org>, or at the following Sacramento retail locations:

- Trinity Cathedral Bookshop, 2620 Capitol Avenue, 442.9194
- Avid Reader at the Tower, 1600 Broadway, 441.4400
- Helen Jones Gallery at Town and Country Village, 2615 El Paseo Lane, 481.1118

Cash donations are welcomed and may be made online at www.rivercityfoodbank.org, or sent by mail to P. O. Box 160204, Sacramento, CA 95816. For further information, contact St. Michael's parishioner Eileen Thomas via telephone at 446.2627 ext. 3001, or via email at ethomas@rivercityfoodbank.org



Food Programs Need You!

Ever wonder what those little envelopes marked "FOOD" are? You know - the ones that sit there, staring at you through the service from their little space in the rack. Are they hungry? A reminder that you need to stop at the store on the way home from church?

Perhaps a comment on that sound your stomach just made?

Not even close! Your weekly donations enclosed in these envelopes and placed in the offering plate go to support our local food programs for the poor in the Sacramento area. St. Michael's has a long-standing monthly pledge to local food programs: \$350 to St. Matthews Episcopal Church Food Closet, \$350 to River City Food Bank, and \$150 to the Loaves and Fishes Meal Program. The money placed in the "FOOD" envelopes is the main source of funds for this ministry. We rely on your generosity to meet this goal each month. As the offering is being taken up each Sunday, take a moment and slip your pocket change, or maybe a few dollars if you can afford it, into a "FOOD" envelope. You might not even miss it . . . but trust us, it will hit the spot for a hungry family.



Flowers for Easter Help us make our Easter worship a glorious gift of joy and thanksgiving as we celebrate the Resurrection of Jesus Christ on April 4th. You are invited to make your donation for flowers or special music to indicate whether your support is in memory of or in thanksgiving for a special person or event in your life. The names of the honorees and donors will be listed in a future publication. Donation forms are available in the office and in the Sunday Bulletin.

Calling All Actors! St. Michael's Actors' Guild announces open auditions March 2 and 3 at 7:00 PM for "Trick or Treat," a comedy by Tim Kelly. Roles are open for 7 women and 4 men ranging in age from young adult, middle age and older; performances May 7-8, May 14-16, and May 21-22.

Stewards of the Earth: Recycling



Have you ever wondered what you are going to do with those little batteries (AA, C, hearing aid, etc.) that we must not put into the garbage because of their toxic contents? Well, problem solved: bring them to church and put in the box marked for their collection. The Mercy and Social Justice Ministry will see to it that they are recycled at the County Collection Site.

We also have a box at church for recycling used printer cartridges! Let's be good stewards of the Earth that God gave us!

Submitted by Mary Groesbeck

Daughters of the King

Our next meeting is March 29th at 10:00 a.m. This month we will be starting the study of a new book, *Spiritual Gifts*. This is a book that was suggested to us by Pastor Mary. It should take two or three meetings to complete. All women in the parish are welcome to join us for any of our meetings. If you wish to join us for this study, Pastor Mary can order the book for you.

St. Margaret's Guild

The March meeting will be at the Olive Garden Restaurant, 1780 Challenge Way (near Arden Fair) at 1 p.m. on March 8th. All women are welcome. Please call Eugenie Sholl at 916.927.9612 for reservations.



Appreciation to our St. Michael's Family

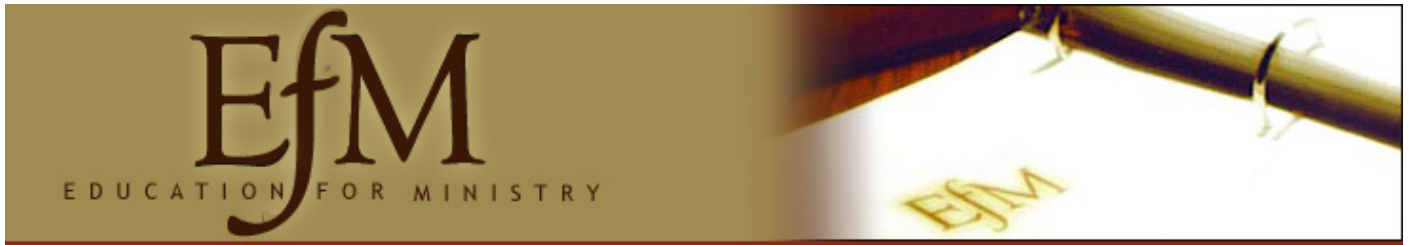
Thank you for your prayers, love and support during Patti's illness. Your thoughtfulness is greatly appreciated. – Betty Habel

St. Michael's EYC

The EYC group (grades 7th through 12th) meets in the youth room each Sunday morning beginning at 10:00 a.m. The following is a summary of our March meeting dates and focus for the sessions.

- Sunday, March 7th:** Holy Ground
- Sunday, March 14th:** Safety in God's Arms
- Sunday, March 21st:** Freedom from Condemnation
- Sunday, March 28th:** Holy Week Journey
- Sunday, April 4:** Help the Easter Bunny

Special thanks to the youth and their families for providing the cookies, desserts and fruit for the EYC-Sponsored Coffee Hour last month!



Do you want help figuring out where your spiritual life is headed, or what ministry God has planned for you? Do you want to learn more about the Bible and the Church? If you answered yes to any of these questions, then **Education for Ministry (Efm)** may be right for you. Efm teaches you how to think theologically, deepens your faith and your understanding of our Christian heritage, and offers you an opportunity to discover how to respond to the call to Christian service.

Efm is a four-year program of theological education for laity developed by the School of Theology of Sewanee, University of the South, in a seminar format, that meets on Tuesday evenings at St. Michael's (beginning in September and ending in May, with breaks at the major holidays). Each year is a separate commitment. The cost is currently \$340 per year. All student enrollments should be completed and submitted no later than July 30th, 2010.

If you are interested in learning more, please attend the **coffee hour** hosted by the Efm class following the **10 a.m. Palm Sunday service**. This year's graduating students - Mary Davy and Cindi Keller, plus continuing St. Michael's students - Donna Arellano, Lisa Sargent, Clare Payne, Esta Wiederanders, Kay and Hugh Griffin, and Mary Groesbeck will answer your questions about the program. The class currently includes two students from other churches.

Submitted by Kathy Hanson and Skip Metcalf, Co-Mentors



St. Michael's Lock-In to Benefit Camp Noel Porter

Have you been missing your friends from Camp Noel Porter, and would like an excuse to hang out with them even if just for a night? Well you are in luck! St. Michael's is hosting a fun filled evening to raise funds for new cots and much needed repairs for the camp.

Reverend Jenni and many of the Staff and Counselors will be here too! Kids in grades 4th through 9th are invited to come and help us celebrate CNP. We will serve a pasta dinner, ice cream and a continental breakfast. The cost is \$20.00 per child. Adult supervision will be on site for the duration, and bring your sleeping bag and toothbrush! A permission form has been included in this issue for the event!

The event will be on **Friday, March 5th from 6 p.m. until Saturday, March 6th at 9 a.m.** Please call Pam Busby if you would like to join us in celebrating Camp Noel Porter, or for more information, at 483.8291.



Look for the permission slip on page 8 of this issue of The Messenger.

Permission Form and Liability Waiver
St. Michael's Episcopal Church, Carmichael

I _____, the parent of _____ (“my child”), give permission for my child to attend the **St. Michael's Camp Noel Porter lock-in event on Friday, March 5, 2010 from 6:00 PM until Saturday, March 6, 2010 at 9:00AM.**

I understand that personal injury can and may occur to my child, and I hereby authorize **Pam Busby CNP Board Member**, or another appointed youth advisor, to seek and consent to emergency medical attention for my child as needed; and I further agree to be liable for and to pay all costs incurred in connection with such medical attention.

I hereby release **St. Michael's**, its employees, agents and volunteers, from any and all liability, claims, demands, causes of action and possible causes of action whatsoever arising out of or related to any loss, damage or injury (including death) that may be sustained by my child while participating in or traveling to and from this event.

The following is all of the insurance information, restrictions, allergy and medication information necessary for my child to receive appropriate medical care.

I give permission for my child to ride in any vehicle designated by **St. Michael's**, its employees and adult volunteers, while participating in and traveling to and from this event.

I agree to accept full responsibility, financially or otherwise, for any damage my child may do to the property of **St. Michael's**, properties visited on outing, other's personal property, or vehicles used for transportation.

I agree and consent to all of the above stated.

_____ (Parent Signature)

_____ (Date)

_____ (Emergency Contact Name and Phone Number for the Day of the Trip)

Community Standards

In accordance with the Diocese of Northern California, the following behavior will not be tolerated at any **St. Michael's** children/youth gathering. Violation of these standards, or being knowingly in the presence of others violating these standards, can and will result in consequences deemed appropriate by the clergy, youth minister, and advisors of **St. Michael's**, including, but not limited to, being sent home immediately at the participant's expense.

*Possession or use of alcohol, tobacco, or illegal drugs.

*Possession or use of weapons, *including pocket knives*, firearms, and fireworks.

*Inappropriate sexual behavior.

_____ (Parent Signature)

_____ (Date)

_____ (Youth Signature)

_____ (Date)

RSVP to Pam Busby or Darcie Larkey, at st.michaels@stm-ca.net or Call the Church Office (916.488.3550). This form can be faxed to the Church Office at 916.488.3564 – Attention Pam Busby.



Tina Ferriot: Consecration to the Single Life

What does this statement mean in the light of our spiritual lives? A consecrated life is one set apart for a particular vocation. This particular vocation or call is to live a vowed life of celibacy. Celibacy is a spiritual "Gift" of the Holy Spirit given to individuals for the purpose of building up the Kingdom of God. Consecration to a vowed life of celibacy is not

"Ordained Ministry", but rather a call to the Religious Life. In our world today, many people associate a vowed life with monks and nuns or sisters and brothers within Religious communities. A vowed celibate lives their life out in the world, as opposed to community life. However, these persons are also often affiliated as members or associates of a Religious Orders. When an individual become a life professed member in a Religious community, their vows are the three-fold monastic vows of Poverty, Chastity, and Obedience.

My name is Eileen (Tina) Ferriot and I am a professed member of the Third Order of the Society of St. Francis. My Inquiry into this Franciscan Religious Order began in 1993. After a three year formation process, I became a Professed Member of the larger Franciscan Third Order in March 1996. The Third Order of the Society of St. Francis in the Episcopal Church is a world wide community of men and women, married or single who live in the world and want to live out their lives following in the way of St. Francis by a Rule of Life. I have, throughout my life, been drawn to the religious life. My spiritual foundation from childhood was that of the Roman Catholic Church. But, in my twenties after becoming newly confirmed in the Episcopal Church, I considered becoming a nun. I wasn't sure the Episcopal Church had nuns or even Religious Orders; however, the Episcopal Church and the Anglican Communion have a wealth of Religious Orders.

I have been in a three year discernment process with my Spiritual Director, the Third Order of the Society of St. Francis leadership, the First Order Sister in the Community of St. Francis, and the Bishop of the Diocese of Northern California in order to flesh out what God is calling me to do for His glory. God calls some people to the Sacrament of Marriage and other individuals to give themselves totally to Christ Himself. One might express this as the Bride of Christ. I believe God calls me to live the rest of my life as a vowed Celibate in the Single Life.

As a Third Order Franciscan, I have found a deep richness in my spiritual journey with Christ, and with my brothers and sisters in Christ. My vocation will be to work for justice and peace in our world, to be a presence both in prayer and active work, with all God's people and creation, telling them that God loves all people. I will also be in a Relationship of Mutual Support with the First Order Sisters in the Community of St. Francis spending time with them in worship, and ministry. The spiritual life is eternal and therefore the journey will continue to unfold until we see Him face to face.

I would be honored if you would attend this public service with me celebrating the Holy Eucharist of Our Lord and witness my Consecration to the Single Life. This occasion will be held on **Saturday, April 17th, 2010 at St. Michael's Episcopal Church** in Carmichael, California. The Service will begin at **11:00 a.m.** with a reception following the service. Please notify the office by April 5th if you are planning on attending, so that the reception can be planned accordingly.

MEET THE COOK FAMILY: Rosemary Cook has very deep roots in the Sacramento area. Growing up in Carmichael, she not only attended elementary and high school here, but also completed her undergraduate and graduate degrees at CSUS. After completing her State licensing exam for social work, Rosemary has focused her career on providing palliative care through Kaiser Hospitals. She does so while raising her two daughters and give her time and talent to other children in the Parish by teaching Sunday School. Her daughter, Makayla, is 7 years old and in first grade; her daughter, Olivia is almost 2.



MEET THE DONOGHUE FAMILY: That tall, statuesque woman with the perfect posture that you see with her two children sitting in one of the front Gospel-side pews is Kassie Donoghue. There is a good reason for her posture since she is a doctor of chiropractic and past president of the California Chiropractic Association. Having grown up attending Saint Martin's in Davis, Kassie is a veteran acolyte who looks forward to seeing her two children follow in her footsteps. Her daughter, Taylor, is 10 years old and her son, Michael, is 8. Both are active in youth-Sunday plays and pageants and attend Sunday School regularly.

MEET THE BACK FAMILY: Both Jennifer and Matt grew up in southern California and met here in Sacramento after each had finished college and began working for the California Legislature. Both have since left government employment while continuing to work in governmental affairs. Matt is a lobbyist whose diverse clients include airlines and genetic research and manufacturing firms. Jennifer's practice focuses on assuring that clients comply with the reporting requirements of the Fair Political Practices Commission. They have two daughters; Kaitlyn, age 7, and Mackenzie, age 4 who enjoy visiting one set of grandparents near the ocean and the other set at their ranch in Oregon.



Vestry Highlights

Following is a summary of the **draft** minutes from the February Vestry meeting at St. Michael's:

- The December Operating Statement reflects a gain of \$2272, year to date. This is better than budget.
- Pastor Mary, Mary Groesbeck, Sue Gaston and Jim Sargent attended the Congregational Leadership Development Conference (formerly known as Vestry Treasurer's conference) at St. John's in Roseville. The theme was on welcoming new comers and welcoming people in the church. Pastor Mary presented on what were the most effective things we've done at St. Michael's to welcome and grow our congregation.
- Three new staff persons will take up their positions in March. Melissa Lovin has accepted position of half time secretary. Cathy Harmon has accepted the position of Director of Family Ministry and Kristi Fischer has accepted the position of Nursery Teacher.
- Our first annual Crab Feed was a huge success. Total gross was just under \$10,000 and we netted \$6,555.68! 136 tickets were sold and 130 people attended the event. The water polo team from El Camino High School who helped serve made over \$500 in tips. Jim Wiley was recognized by Pastor Mary for his outstanding Leadership that served as the catalyst for this exceptional event.
- Jim Sargent presented a draft of a Mission Statement, Purpose and Charter for the reorganized Finance Committee. The Vestry was asked to use this as a starting point in developing the same for each of our committees, keeping in mind the essence of our Mission Statement at St. Michael's: "Come, Grow in God."



Vestry Appreciations

A special thank you from the Vestry to:

- Jim and Laura Wiley, and their stand-out committee for the wonderful and profitable Crab Feed enjoyed by parish members and friends on February 6th. Thanks also to the El Camino High School Water Polo Team for their professional and friendly service at the dinner.
- Marge Fennessy for serving the parish for a significant period of time in many capacities. We particularly thank her for her dedication as Weddings, Funerals, and Receptions Coordinator and Messenger Mailing Team Coordinator. Marge will continue to serve as a member of the Altar Guild.

St. Michael's Vestry thanks the countless other volunteers who give of themselves for the mission and ministry of this parish.

St. Michael's Financial Snapshot as of January 31st, 2010

	January		2010		2009
Accounts	2010	YTD	Budget to	Better/Worse	2009
			Date	YTD Budget	YTD
Pledge Payments	\$30,456	\$30,456	\$31,250	(\$794)	\$24,808
Other Operating Income	8,715	8,715	5,670	3,066	5,297
Total Revenue	39,171	39,171	36,900	2,272	27,833
Less Operating Expenses	40,877	40,877	41,720	842	38,002
Gain/(Loss)	(\$1,706)	(\$1,706)	\$4,820)	\$3,114	(\$10,169)



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The Messenger for March 2010

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Office Hours

Monday through Thursday
9 am to 12 noon & 1 to 4 pm
Friday
9 am to 12 noon & 1 to 3 pm
(Closed for Lunch)

Deadline: Submissions for the **April 2010** issue are due in the office or to St.Michaels@sbcglobal.net by **March 21st**.