

SAINT MICHAEL & ALL ANGELS EPISCOPAL CHURCH

THE MESSENGER

Mailed February 2, 2012

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DEAR FAITHFUL PARISHIONERS,

I shared this reflection with those who gathered for the Annual Meeting on Sunday, January 22, and I feel like it is something worth holding onto as a parish as we move into this new year together.

“Like most people I know, I struggle with taking too much on, with doing too many things, with moving too fast, with over-committing, with over-planning. I’ve learned that I must move, quite simply, at the pace of what is real. While this pace may vary, life always seems vacant and diminished when I accelerate beyond my capacity to feel what is before me.

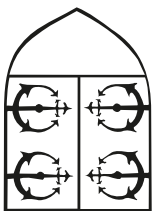
It seems we run our lives like trains, speeding along a track laid down by others, going so fast that what we pass blurs on by. Then we say we’ve been there, done that. The truth is that blurring by something is not the same as experiencing it.

So, no matter how many wonderful opportunities come my way, no matter the importance placed on these things by others who have my best interest at heart, I must somehow find a way to slow down the train that is me until what I pass by is again seeable, touchable, feel-able. Otherwise, I will pass by everything but will have experienced and lived through nothing.”

I look forward to being a part of all the incredible experiences that are ahead of us, with intention, formation, and love.

Faithfully,

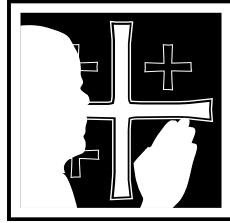
The Rev. Chris Craun +



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Gloria Orellana, Office Administrator	Ext. 317	Linda Royal, Financial Administrator	Ext. 320

YOUR PRAYERS ARE ASKED FOR . . .

- + healing for Larry Jessup, Cornelia Lovejoy, José Galvez, O'B O'Brien, Carol Loe, and Gayle Morris
- + the repose of the soul of David Kirk Grimshaw, who died on January 9, and for his brother Rick and sister-in-law Vickie in their sorrow
- + the repose of the soul of Jim Ingram, who died on January 29, and for his wife Terrie and sister- and brother-in-law Sue and J Quanbeck in their sorrow
- + thanksgiving for Elliot Richlan Weir, Margaret Eliza Weir, and Benjamin Maurits John Bleckmann, who were baptized at St. Michael's on January 29
- + thanksgiving for the ministry and the friendship of Bob Spiers, who served St. Michael's so well for so many years and retired on January 31.



Thank you to everyone who participated in Randy's service and for the many words and acts of kindness, including those of the Pastoral Ministry, during our time of sorrow.

— the Walraven family

ADMINISTRATIVE NOTES

NEW DIRECTORIES

Many of you will have received your new directories in the mail by the time this Messenger arrives. As pleased as we were to finally be able to provide this very useful document, we're aware that it will need updating almost instantly. Please send your corrections and/or additions to gloriao@stmaa.org. We will send out a list with updates in about six months.

OFFICE CLOSURE

The church office will be closed for Presidents' Day on Monday, February 20. Some groups may still meet; check with your group leader.



MESSANGER AND BULLETIN DEADLINES

The deadline for the next Messenger is Monday, February 20. This issue will be mailed on March 1. Please send any articles to gloriao@stmaa.org as attachments or in the body of an email by the 20th. Eblast and bulletin announcements are due by Monday afternoon for the following Thursday and Sunday.

— Gloria Orellana

ASSISTANT RECTOR'S CORNER

Why do we change parts of the liturgy in different seasons? Why isn't the liturgy always pretty much the same? And when we do change prayers and other elements, how do we choose the sources of what we use?

The 1979 Book of Common Prayer provides for flexibility in liturgical practice based on the season of the year we're in, the occasion is being observed, the rector's discretion, and parish custom. For instance, there are collects and readings assigned to every Sunday of the year, in addition to proper collects for feast days. There are four Eucharistic prayers for Sundays and other occasions. There is also provision for a more free-form Eucharist (often called "Rite III") that may be used on occasions other than the main Sunday liturgy.



In addition to the variety of resources available in the Book of Common Prayer, there are other resources that have been approved by General Convention for optional or trial use that can be approved for use in a diocese by the bishop. *Enriching Our Worship* is the title of this series of texts. We often use one of the Eucharistic Prayers from *Enriching Our Worship* at St. Michael's. Beyond these standard resources, the bishop may approve the use of other liturgies at his or her discretion, including liturgies from other parts of the Anglican communion or other denominations, as long as they conform to the doctrine, worship, and discipline of the Episcopal Church.

So how does the rector, in consultation with her advisors, choose the form of liturgy for the parish in each season? In brief, she takes into account the custom and pastoral needs of the parish and selects liturgical resources that provide for the flowering of praise and thanksgiving in worship and further the spiritual nurture and development of the congregation. One example of this is the selection of a Eucharist Prayer from the Church of New Zealand for the season of Epiphany. The season of Epiphany celebrates the gracious extension of the grace of the Gospel beyond the boundaries of Israel to every people and nation. It is appropriate in this season to lift our gaze to our brothers and sisters scattered throughout the world, witnessing to the Gospel in every corner of the earth. In solidarity with them, we have chosen to pray in unison with one of our sister churches in the Anglican communion, using their words to remind us of the far-reaching consequences of the Gospel and the numberless voices that lift their hearts in praise and thanksgiving, breaking bread and raising the cup of salvation in every land.

Our next change in the liturgy will take place during Lent as we select liturgical practice that will deepen our experience of accompanying Jesus on the way of the cross with practices of special discipline and devotion. Stay tuned!

LENTEN OFFERINGS

Mark your calendars for our offerings this Lenten season:

FRIDAYS IN MARCH

7:00 pm Friday Night Stations of the Cross

SUNDAYS IN MARCH

6:00-8:00 pm Immigrant Welcoming Congregation

On March 4, 11, 18, and 25, be part of the conversation of what it means to be an Immigrant Welcoming Congregation. We will watch two films that portray the immigrant story and discuss what our faith tradition's attitude toward the stranger has been and what we hope it will be. The evening will end with the sharing of a soup supper.

8:00 pm Compline

On February 26 and March 4, 11, 18, and 25, the choir will lead a chanted Compline service with a special hymn or anthem each week. Lent is a great time to make room for silence and restful contemplation in busy lives, and Compline is the church's "bedtime" prayer. Historically the last monastic prayer service of the day, this short, meditative service consists of set prayers helping the soul settle into night in the presence of God

THURSDAYS IN LENT

7:00-8:30 pm Godly Play for Adults

On March 1, 8, 15, 22, and 29, join Chris, Gabe, and Leslie for five nights of Godly Play. Central to the Godly Play experience is the telling of a sacred story, followed by an opportunity to ponder "wondering questions" that leads deeper into the beauty and mystery of the story and our relationship with God. Our evening will also include creative reflection through journaling, arts and crafts, and dialogue.

Thursday, March 1

Lent 1: Mark 1:9-15,

Godly Play Story: *Jesus and the Temple*

Thursday, March 8

Lent 2: Genesis 17:1-7, 15-16

Godly Play Story: *The Great Family*

Thursday, March 15

Lent 3: Exodus 20:1-17

Godly Play Story: *The Ten Best Ways*

Thursday, March 22

Lent 4: John 3:14-21

Godly Play Story: *Parable of the Good Shepherd*

Thursday, March 29

Lent 5: John 12:20-33

Godly Play Story: *The Faces of Easter*

— Chris Craun and Gabe Lamazares

WEDNESDAY BIBLE STUDY COMING SOON WITH JESUS AND THE GOSPELS

This spring, the Wednesday Bible Study group will examine the figure of Jesus through this well-received Great Courses lecture series. A very recent decision was made to discontinue the study at this point and reconvene after Easter. To pique your interest, please read this summary from the Great Courses website:



The figure of Jesus has tantalized both Christians and non-Christians who have sought definitive answers to questions about his words, his acts, and even his very existence.

For most of the last 2,000 years, the search for those answers has begun with the Gospels, but the Gospels themselves raise puzzling questions about both Jesus and the religious movement within which these narratives were produced. They also provide sometimes bewilderingly diverse images of Jesus.

What accounts for this great diversity in the images of Jesus that have emerged, or in the approaches taken to understanding the story of his death and resurrection? Is it possible to shape a single picture from the various accounts of his life given us by these Gospels? Can we really know who Jesus was?

Jesus and the Gospels is a far-ranging course. It examines not only the canonical Gospels of Mark, Matthew, Luke, and John familiar to us from the New Testament, but also the many other, apocryphal narratives and literary works that have contributed to our perceptions of Jesus, Mary, and Christianity. All of these works are encompassed by the word "Gospel."

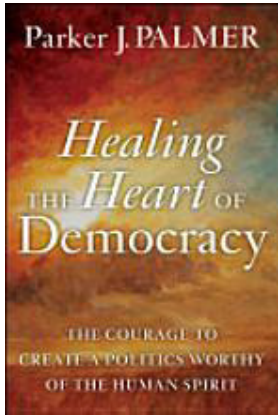
Professor Luke Timothy Johnson attempts to show us the human Jesus underlying the many portraits we have. He approaches the Gospels and our perceptions of Jesus from a different perspective than the popular quest for the "historical Jesus." Professor Johnson, who spent nine years as a Benedictine monk, is one of his field's most distinguished and famous scholars. He is the author of 20 books and several hundred articles and reviews, and has been repeatedly honored for his teaching skills

When Wednesday Bible Study resumes, you will be able to improve your Biblical literacy from 12:00 to 1:00 pm following the 11:15 am Eucharist. You can attend all or any meetings, as each lecture stands alone. If you work during the week, feel free to bring your lunch along and spend an hour rediscovering Jesus as you've never known him.

— Anna Zeigler

ST. MICHAEL'S BOOK GROUP

St. Michael's Book Group will not meet in February because we met so late in January. Rather, we will meet on the second Thursday in March. At that time, we will discuss *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit* by Parker Palmer. We do know that the Daytime Book Group which meets on Mondays



has been discussing this book, and their choosing it inspired us to do so as well, since most of those involved in the monthly group are not free to participate in the group that meets in the daytime.

Parker Palmer is also the author of *Let Your Life Speak* and *A Hidden Wholeness*, both books that were the subject of Book Group

discussions in past years. In *Healing the Heart of Democracy*, Palmer sounds some similar themes as he “points the way to a politics rooted in the commonwealth of compassion and creativity” (according to a description of this book on the web). In chapters that focus on such topics as “The Politics of the Broken-hearted,” “Democracy’s Ecosystem,” “The Heart of Politics,” “The Loom of Democracy” and “The Unwritten History of the Heart,” he explores practical ways to bridge the current divisive chasm between political parties and restore the government of the United States to the vision expressed in the Declaration of Independence.

Copies of this book will be available for purchase for \$15 in the church office as of February 15. We will gather to discuss it on Thursday, March 8, at 7:00 pm in St Michael's House. Caroline Litzenberger will lead the discussion.

TAIZÉ PRAYER SERVICE

Taizé Prayers on the second Monday of each month might be something special and beneficial to add to your Lenten life this year. The quiet, contemplative songs and silence and the meditative moments of scripture and prayers can enrich our lives and bring a joyful heart. Please know that you are welcome to gather for the Taizé Prayers on the second Monday of each month in the Nativity Hall at 7:00 pm. The Prayers usually last for about 45 minutes. You might also consider bringing a friend with you, either someone from St. Michael's or a friend from the wider community. This is an excellent opportunity to enrich your Lenten journey.



— David Perry

ALTAR GUILD NEWS

The beautiful altar flowers we enjoy each week are arranged by our hardworking Altar Guild teams. Traditionally, parishioners help with those expenses by making offerings in thanksgiving for something important in their lives or in memory of loved ones. Please consider making such a request. The usual amount is \$40, but any contribution is gratefully accepted. There are flower-offering forms on the information table in the Gallery near the Messengers, and you can mail in a check with your remembrance information or drop it in the offering basket on Sunday. Gifts for Easter flowers are especially welcome at this time of year. Those forms will be available soon.

In addition, the Altar Guild is seeking new members. One team is down to four folks and needs at least a couple more to ease the workload. This is a rewarding way to serve the church once a month and to make new friends or get to know others better. Please see your Annual Report for a thorough description of the Altar Guild's ministry, and contact Stephanie English for more information at chemspin@gmail.com or 503/246-4108. Newcomers welcome!

IN APPRECIATION

Wow! What an amazing evening! To say that I had a wonderful time would be a gross understatement. The Evensong was exceptionally beautiful and moving with such kind remarks and meaningful presentations of a beautiful picture of our St. Michael window and a very generous check to my retirement/travel fund. The blessing I received intensified my feelings of what a privilege it has been to serve among you all these years.



Then the party! How much fun could we have in one evening? Fabulous food and décor, great company, some poignant and very funny “roasting”... and then the music. I had no idea that the group I suggested, *Ecos del Sur*, would be so perfect and so much fun for so many. I enjoyed speaking with many of you, sharing our stories and laughing a lot. And the cards have been so meaningful. As I read through them, I'm struck with how much people remember, and how the little things can make a difference — a smile can make someone feel welcome and accepted.

Thank you to everyone who made my retirement celebration so special, especially Lynda Garner and Amy Valentine, Scott Tuomi and St. Michael's Singers, Ward Nelson, Luis Cabanas, the St. Michael's staff, Marion Robbins, John Scannell, and everyone else who helped in so many ways. There is a verse in



1 Corinthians that says: "...if one member is honored, all rejoice together..." but I've always thought of it as saying "...if one member is honored, all are honored..." I feel so honored. Thank you.

— Bob Spiers

THANK YOU TO OUR WEEKDAY GANG!

For St. Michael to function smoothly takes many more hands than those of the church staff. We are blessed with a faithful group of volunteers who work between Sundays to assist us with administration, communications and operations. As we begin a new year, it's an excellent time to recognize and thank this remarkable group for their gifts of time and talent.

We rely on a very capable cadre of office volunteers who make it possible for Gloria to work her less-than-fulltime schedule and occasionally leave the office for lunch or errands. Jana Gregory, Karen Oglesby, Letty Phillips, Arlene Ullman, and Pat Wilson all help out in the main office with various tasks in addition to their "specialties." They help with reception duties such as answering the phone and opening the door for parishioners and visitors. They assist with mailings, copying and miscellaneous projects and generally do what is needed to keep things running smoothly. In addition, Pat acts as parish registrar, keeping the service register up-to-date with attendance figures and service details and recording information in various parish registers and records; Judy helps out with the Liturgical Ministers schedule; Karen has mastered the workroom printer, folder, and "jogger;" Arlene helps the clergy and Newcomer Team track folks new to St. Michael's; Jana is our proofreader extraordinaire; and Letty takes care of the music-copyright usage reporting and prepares the music-selection packets for the clergy and music staff.

The MOW/WOWs (Men and Women on Wednesday) are absolutely vital to our weekday and weekend operations here. The MOWs do almost everything maintenance-related at St. Michael's. They paint, empty trash and recycle bins, replace light bulbs, test fire extinguishers, put away chairs and tables, and fix anything and everything that needs it. They also take on larger projects such as completely rebuilding the St. Michael's House back and Parish Hall side porches. Mitch Oglesby and Jack Harper are the fearless co-leaders of this group and are ably assisted by many others who come to help as they are able, including Kevin Cole, Richard Hartman,

Jim Livingston, David Long, Chuck Mason, Jim Robbins, and Gerry Wilson. Lynda Moses is a welcome new addition. This group maintains the outside of the church as well. They pick up trash, clean windows, paint trim, pull weeds, prune, rake, mow, and haul yard debris. They were also involved this year in getting ready for and cleaning up after the remodeling project. Mitch also runs interference for us with our cleaning company and ensures that everything's ship-shape. Jim Robbins braves Costco and other stores and picks up the kitchen and pantry supplies used by many parish groups. He has recently ventured into the loft above the Nativity Hall to tame that area of the building. Paul LaCroix is our master gardener and credited with tending to our seasonal plantings in the courtyard.

The MOWs are joined by two terrific WOWs every Wednesday morning. Pat Wilson and Jean Morrison tidy up the kitchen and pantry, check supplies, make coffee, and provide treats for the MOWs — and staff, if we're lucky. We shudder to think about what could be growing in our fridge if Jean didn't clean it out every week!

Each week, a team of two volunteers comes to count and record the Sunday offerings and all those which pass through the office during the week. This critical job is handled with discretion and great attention to confidentiality and detail by Maureen Davison, Lynn Mason, Mitch Oglesby, Barbara Porterfield, Jim Robbins, Kate Skelton, Gerry Wilson, and Pat Wilson. Janet Kneeland handles all the mailings of giving statements, an especially huge task in January.

We have a fabulous mailing crew which meets at least once a month and often more frequently to put together our various bulk mailings. In 2011, this group included Claire Adams, June Gravengaard, Arlys Fischer, Nancy Hunt, Juned McCauley, Barbara Porterfield, Jerry Vannice, Diane Walker and Gerri Wise. Karen Oglesby, Nancy Parker, and Susie Silva-Strommer are our go-to gals for last-minute mailings. Thank you, also, to the Bulletin Assembly Team (aka BATs), who come on a rotating basis to collate and staple the Sunday bulletin — or two or three bulletins, depending on the week! We're thankful for Mickey Harnage's leadership of this group during most of 2011 and for Jana Gregory's willingness to take over for 2012. This group has included Maggie Barnett, Kathy Cloninger, Roberta Dunham, Arlys Fischer, Alice Hardesty, Mickey Harnage, Sue Harper, Nancy Hunt, Michelle Irons, Virginia Malone, Lynda Moses, Sheri O'Brien, Barbara Porterfield, Cathy Searls, Ann Smith, and Arlene Ullman.

This is an amazing cast of helpers, and the staff and clergy extend our deepest appreciation. All of these groups welcome new volunteers, so please contact me in the parish office at gloria@stmaa.org or 503/284-7141 if you're interested in joining the fun.

— Gloria Orellana and Bob Spiers

OUTREACH & JUSTICE MINISTRIES COUNCIL

“Never resist a generous impulse!” That aphorism coined by John Scannell was heeded by many families this Christmas season as they chose to give gifts from the Alternative Gift Catalog. Giving in this way was a help to Outreach and Justice Ministries, to agencies serving people who have much less than we, and a great way to avoid crowds! The agencies in the catalog will receive a total of \$3,945. We offer many thanks to Ann Smith, who spearheaded the 2011 effort, and to Letty Phillips and others who gave invaluable time and assistance. Many thanks, as well, to those who took advantage of this opportunity to shop with us.

Don't miss it! On February 26, the Forum will be an opportunity to get a closer view of the wonderful work the Outreach and Justice Ministries are doing this year and to offer your involvement. Our format this year is exciting, and you will be participating in a service project for homeless folks even as you view the displays. Intrigued? Just show up!



In addition to the displays and activities in the Parish Hall on the 26th, the youth and the Environmental Stewardship Committee will join forces again and hold a Styrofoam collection. Hang on to your Styrofoam packing materials of all sizes and shapes and bring them to St. Michael's on that Sunday.

— Lynn Baker and Susan Barnett

UPCOMING O & J FORUM:

KAPANGA CHILDHOOD NUTRITION SUPPLEMENT PROGRAM

On February 19, at 10:10 am, come to the Nativity Hall to listen and learn about a new venture to save children's lives in the Kapanga region of the Democratic Republic of Congo! The Rev. Rody Rowe, of Bellingham, Washington, and his wife Alice will be our guest presenters today. They are leaving for the DRC next month and will spend six weeks working to save the lives of severely malnourished Congolese children and infants.

This is a new and cooperative effort with the children and families around Samuteb United Methodist Hospital in Kapanga, Democratic Republic of the Congo. The venture seeks to create a small home industry producing a nutrient supplement from locally grown peanuts that has been shown to have immediate and dramatic effect in saving the lives of severely malnourished children. RTUF, or Ready-to-Use Therapeutic Food, was first developed by Doctors Without

Borders. By using locally grown peanuts and hand-grinders to make Plumpy'nut, the Congolese will be able to make their own supplements and take charge of feeding their own children. The plan will also provide for US medical teams to come to Kapanga for teaching and to provide basic medical care every year for two weeks at a time. Rody and Alice Rowe will discuss how this program will be using sustainable practices and providing dignity and control to the people in Kapanga, DRC.

— Christine Lentz

YOUTH NEWS

If there is one thing most young people have in common, it's their joy of eating, and Youth Group has certainly reflected that in the past few weeks! We've have helped at the Community Meal, attended the Epiphany dinner, and served at *Bobapalooza*. We are also starting to plan for the Pancake Supper on Shrove Tuesday, and the wheels have started to turn for our annual Variety Night and Dinner. Do you sense the theme of our events?! Young people and FOOD!!



We will be doing Putt-Putt for our First Friday event in February and are moving along with our mission trip plans. I hope to see lots of people at the Pancake Supper this year, with a new Fun Room for some of the younger kids in the Nativity Hall, and all the proceeds from the dinner going to the mission trip. Don't forget to save the date for the Variety Night on April 21!

LATE-BREAKING NEWS...



Most of the kids who were helping last night at the dinner heard my news, but for the rest of the group, guess what! You are finally free of me!! (I know you are super excited.) But really, I have received an engineering job in my field in Highland, New York, and will be leaving you after Shrove Tuesday.

I have enjoyed my time with the youth group immensely and am sad to leave you, but all good things must come to an end. I was only keeping the spot warm while Chris found a permanent person for the Youth Group Leader position, and I'm sure they will find an amazing person for you guys.

I will miss you!

— Melissa Miller

THE JOYFUL NEWS FEBRUARY 2012

Children and Families Make a Joyful Noise & Celebrate the Seasons

The month of February is full of fun, fellowship and fantastic ways to make a difference in our community. Be sure to mark your calendar — you won't want to miss a single event!

February begins with our dynamic Sunday School children encouraging everyone to participate in **Souper Bowl Sunday on February 5**. All the money raised on Souper Bowl Sunday — *yes, every single penny!* — goes directly to the NE Emergency Food Program located at 4800 NE 72nd Avenue. The NE Emergency Food Program (NEFP) is a vital part of the community ministry network of the Ecumenical Ministries of Oregon. St. Michael's has a long history of supporting the NE Emergency Food Program, and we give thanks for the opportunity to joyfully share out of our abundance some of our resources to help our hungry neighbors. NEFP primarily serves:

- *Families with children; over 40% of recipients are children
- *The working poor
- *People with special needs, including the sick and elderly
- *A high percentage of immigrants and refugees

If you have young children, why not invite them to earn some money with extra household chores that they can contribute to Souper Bowl Sunday? It's never too early to practice generosity, compassion and good stewardship! Look for the smiling children with the great big soup pots as you exit church on February 5th! Cash and checks of any amount are welcome and greatly appreciated. Thank you!

February 5: Souper Bowl Sunday! Donations received after the 9:00 and 11:00 am liturgies

Godly Play Class: *Parable of the Good Samaritan* (10:10 am)

February 12: Joyful Noise Choir rehearses at 10:10 am and sings in church at 11:00 am

Godly Play Class: *Parable of The Great Pearl* (10:10 am)

Sunday School Class (10:10 am)



February 18: Music Makers (4:30 pm) and Family Worship Service (5:00 pm)
It's a Seusscharist!

Don't miss the chance to worship on Saturday, February 18th in the wonderful rhyming style of Dr. Seuss! We'll begin with our Music Makers class and conclude our time together with a potluck dinner immediately following the service. Hope to see you there!

February 19: Godly Play Class: *Parable of The Sower* (10:10 am)

Sunday School Class: Choosing our Lenten play/book study

February 21: Shrove Tuesday Pancake Supper & Carnival for Kids (5:30 – 7:30 pm)

February 22: Ash Wednesday Services 7:00 am, 12:00 noon, and 7:00 pm

Childcare provided during the evening service

February 25: Children's Day at the Cathedral: Celebrate the Seasons!

Children in grades K-5 are invited to a fun-filled Saturday (9:00 am – 3:00 pm) with music, drama, arts and crafts, games and worship at Trinity Cathedral. Adult chaperones and teen helpers are welcome to participate in all activities. \$5 per person (maximum \$15 per family) includes lunch! Registration brochures are available at church or online at <http://www.episcopaldioceseoregon.org/>. Come, join with other children and families from the diocese as we explore, give thanks and celebrate the church seasons!

February 26: Godly Play Class: *Parable of The Mustard Seed*

Sunday School Class: Lenten play/book study begins

More information about Children and Family Ministries is on our website, www.stmaa.org.

— Leslie Sackett,

Associate for Ministry with Children & Families

FEBRUARY EVENTS AROUND THE DIOCESE

Be Gone, Dull Care, a mid-winter musical celebration of the return of light and warmth, will take place on Sunday, February 19, at 5:00 pm at Trinity Episcopal Cathedral. Performers will include Portland Cello Project, the men of Cappella Romana, the women's ensemble In Mulieribus, Baroque violinist Adam LaMotte, koto player Mitsuki Dazai, and Oregon's poet Laureate Paulann Petersen. This concert benefits Our House and Trinity Food Ministries. Suggested donation is \$10.

The 2012 *Heart of Wholeness* teaching and healing weekend runs Friday, February 10, from 7:00-9:00 pm, and Saturday, February 11, from 9:00 am to 5:30 pm at the Church of the Good Shepherd in Vancouver. Participants will be able to attend workshops on the topics of building successful relationships, recovery from addiction and alcoholism, centering prayer, meditation, Christian service, and listening as ministry. Check the website for more information: www.goodshepherdvancouver.org

ST. MICHAEL & ALL ANGELS
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CALENDAR HIGHLIGHTS

- FEB. 5 10:10 am Forum: Environmental Stewardship
- FEB. 10 7:00 pm Healing Service
- FEB. 12 10:10 am Forum: Senior Warden Susie Silva-Strommer
- FEB. 13 7:00 pm Taizé Prayer Service
- FEB. 19 10:10 am Forum: Outreach & Justice
- FEB. 21 5:00 pm Shrove Tuesday Pancake Supper
- FEB. 22 7:00 am, 12:00 noon, 7:00 pm Ash Wednesday services
- FEB. 26 10:10 am Outreach & Justice Ministries Fair/ Styrofoam collection
- 8:00 pm Compline

SEE THE WEBSITE FOR A FULL OFFERING OF UPCOMING SERVICES, EVENTS, AND CLASSES:
WWW.STMAA.ORG.

**Shrove Tuesday
Pancake
Supper**



February 21 - 5 to 7 pm

Menu: pancakes, ham and applesauce; coffee, milk and OJ

Adult: \$ 5.00

Child: \$ 3.00

Family: \$13.00

Bring your Mardi Gras spirit to the annual Shrove Tuesday pancake supper on February 21, from 5:00 to 7:00 pm in the Parish Hall. Prepare for the Lenten season at this traditional last "fat" meal before Ash Wednesday. Music and children's activities will add to the fun. If you would like to volunteer, please sign up in the Gallery.