



# Michael's Messenger

ST. MICHAEL'S ANGLICAN CHURCH

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July 2016

## Annual Tri-Parish Picnic and Service in the Park

Next deadline  
for submissions  
for next issue:

August 28,  
2016

Donations  
towards  
publishing costs  
are greatly  
appreciated. A  
tax receipt will  
be issued for  
donations ten  
dollars and over.

*Michael's  
Messenger* is  
distributed to  
parishioners of  
St. Michael's  
Church and to  
interested  
people.

On Sunday, June 26th, the parishes of St. Helen's, St. Michael's, and Church of the Epiphany got together and held their third annual Tri-Parish Service and Picnic in the Park at Bear Creek Park, Surrey.

Parishioners from all three churches, led by the R.M.I.T. (Regional Map Implementation Team) group, came in unison to help out with the set-up of the entire event including the sound system, food, Sunday School, Youth activity and clean up. All in all, the third annual Tri-Parish Service and Picnic was a huge success!

A big thank you to Bishop Melissa Skelton for leading the service, Ven. Stephen Rowe from Church of the Epiphany, Rev'd Stephen Laskey of St. Helen's, and Rev'd Louie Engnan of St. Michael's for helping lead the service, as well as all the other parishioners who helped out with various parts of the service.



## Garlic Parmesan Chicken Tenders

**Cook time: 20-25 mins**

### INGREDIENTS

- 3/4 cup flour
- 3 eggs
- 2 Tbsp. lemon juice
- 1 cup bread crumbs
- 1/2 cup grated Parmesan
- 1 Tbsp. garlic powder
- Salt and pepper to taste
- 1 1/4 lb. package of chicken tenders
- olive oil cooking spray (or another preferred oil)

### PREPARATION

Preheat oven to 425°F/220°C

Combine the egg and the lemon juice. In a separate bowl, combine the bread crumbs, Parmesan, garlic powder, salt and pepper. Coat the chicken tenders in flour and shake off any excess. Then dredge in the egg and lemon juice mixture and allow excess egg to drip off. Coat with the bread crumb mixture, turning until evenly coated.

Lay chicken tenders flat on a baking sheet lined with aluminum foil and sprayed with non-stick cooking spray. Spray additional cooking spray over the chicken tenders to help them brown.

Bake for 20-25 minutes (or until browned and chicken is cooked all the way through), flipping once halfway through.

Serve with your favourite dip and some veggie for a fun appetizer or with garlic Parmesan roasted vegetables for dinner!





## FAMILY TREE OF VINCENT VAN GOGH ~ from Andy

His dizzy aunt ----- Verti Gogh  
 The brother who ate prunes----- Gotta Gogh  
 The brother who worked at a convenience store -----Stop N Gogh  
 The grandfather from Yugoslavia ----- U Gogh  
 His magician uncle ----- Where-diddy Gogh  
 His Mexican cousin ----- A Mee Gogh  
 The Mexican cousin's American half-brother ----- Gring Gogh  
 The nephew who drove a stage coach ----- Wells-far Gogh  
 The constipated uncle ----- Can't Gogh  
 The ballroom dancing aunt ----- Tang Gogh  
 The bird lover uncle ----- Flaming Gogh  
 An aunt who taught positive thinking ----- Way-to-Gogh  
 The little bouncy nephew ----- Poe Gogh  
 A sister who loved disco ----- Go Gogh

And his niece who travels the country in an RV -- Winnie Bay Gogh

I saw you smiling . . . . there ya Gogh

## Garage Sale

Saturday, July 23

Volunteers are needed to help with the set up on July 22 at 3pm and the take down on July 24 after church

Items can be dropped off in the church hall as early as July 1 -no large item

See Kathi for more information



## ADS

Anne MacLean is looking for more counters.

If you are interested in being a counter please see Anne for more information.

Corri Kaweski is looking for people to sign up to help with coffee. Please sign up on the sheet by the coffee pot

A reminder that there are NOT any parish potlucks during the summer. They will resume in September.

## St. Michael's Church Council 2016

Rector's Warden: Jeddy James 778-997-7617

People's Warden: Andrew Kaweski 604-597-6799

Secretary: Sasha Abraham 604-591-2348

Treasurer: Rod Yetman 604-596-2946

ACW: Kathi Dale 604-596-2946

Communications: Natasha Kaweski  
604-597-6799

Synod Delegate: Tony Picher 604-594-1601

**Priest: Fr. Louie  
Engnan 604-585-6835**

Trustee: Leo Golden 604-591-3269

Member-at-large: Dave Reynolds 604-585-0660

Music: Coleen and Andy Whitmore  
604-590-3997

Praise be to God the Father  
Almighty

Praise be to God who gives us our  
bread

Praise be to God the Spirit eternal

Praise be to God forever!

(sung to the tune of the *Windy* song)

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## Upcoming Readings

### July 3-7th Sunday after Pentecost

Habakkuk 2: 1-4  
Psalm 126  
Hebrews 10: 35-11: 1  
John 20: 24-29

### July 10-8th Sunday after Pentecost

Amos 7: 7-17  
Psalm 82  
Colossians 1: 1-14  
Luke 10: 25-37

### July 17-9th Sunday after Pentecost

Amos 8: 1-12  
Psalm 52  
Colossians 1: 15-28  
Luke 10: 38-42

### July 24-10th Sunday after Pentecost

Genesis 18: 20-32  
Psalm 138  
Colossians 2: 6-15  
Luke 11: 1-13

### July 31-11th Sunday after Pentecost

Ecclesiastes 1: 2, 12-14; 2:  
18-23  
Psalm 49: 1-12  
Colossians 3: 1-11  
Luke 12: 13-21

### Aug 7-12th Sunday after Pentecost

Jeremiah 18: 1-11  
Psalm 14  
Hebrews 11: 1-3, 8-16  
Luke 12: 32-40

### Aug 14-13th Sunday after Pentecost

Jeremiah 20: 7-13  
Psalm 10: 12-19  
Hebrews 12: 1-2, 12-17  
Luke 12: 49-56

## A Prayer for Everyone

Lord, keep me from being too talkative, especially  
keep me from expressing an opinion on everything,  
and stop me from jumping in to straighten out  
everyone.

Keep me from reciting endless detail; give me  
insight to get to the point.

Give me grace, Lord, to listen with patience  
when others describe their aches and pains, and help  
me to keep my lips sealed; and prevent me from  
sharing my own, much worse, aches and pains.

Teach me that, occasionally, I might be  
mistaken.

Make me thoughtful, but not moody; helpful,  
but not pushy; independent, yet gracefully accepting  
favours that others wish to give me.

Free me of the notion that because I have live a  
few years I am wiser than most people.

If I don't like some changes that have taken  
place, give me the wisdom to keep my mouth shut.

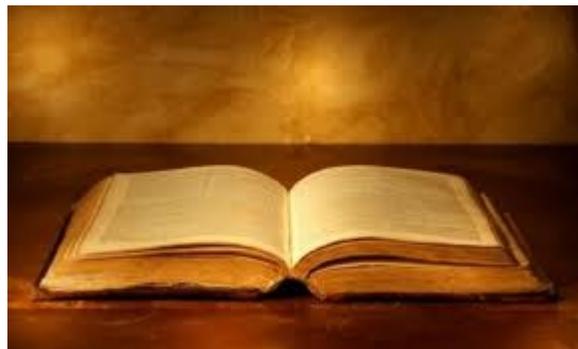
You know, Lord, that when the end comes I would  
like to have a friend or two left.

### Aug 21-14th Sunday after Pentecost

Isaiah 58: 9b-14  
Psalm 103: 1-8  
Hebrews 12: 18-29  
Luke 13: 10-17

### Aug 28-15th Sunday after Pentecost

Proverbs 25: 6-7  
Psalm 112  
Hebrews 13: 1-8, 15-16  
Luke 14: 1, 7-14



**Articles of Faith** After Rev. Louie had one of the articles of faith in the bulletin one week, I asked if I could find other ones and put them in the newsletter. He agreed to this so here is the first of an ongoing installment of these ‘articles of faith’. They are taken directly from the Anglican Church of Canada website, sited below. Corri Kaweski

*“These articles were incorporated into the 1604 English prayer book and are preserved in the Canadian Book of Common Prayer. They have never been officially adopted as a formal confession of faith in any province of the Anglican Communion, but they serve as a window onto the theological concerns of the reformed English church.”* <http://www.anglican.ca/about/beliefs/39-articles/>

### I. Of Faith in the Holy Trinity.

There is but one living and true God, everlasting, without body, parts, or passions; of infinite power, wisdom, and goodness; the Maker, and Preserver of all things both visible and invisible. And in unity of this Godhead there be three Persons, of one substance, power, and eternity; the Father, the Son, and the Holy Ghost.



### II. Of the Word or Son of God, which was made very Man.

The Son, which is the Word of the Father, begotten from everlasting of the Father, the very and eternal God, and of one substance with the Father, took Man’s nature in the womb of the blessed Virgin, of her substance: so that two whole and perfect Natures, that is to say, the Godhead and Manhood, were joined together in one Person, never to be divided, whereof is one Christ, very God, and very Man; who truly suffered, was crucified, dead and buried, to reconcile his Father to us, and to be a sacrifice, not only for original guilt, but also for all actual sins of men.

### III. Of the going down of Christ into Hell.

As Christ died for us, and was buried, so also is it to be believed, that he went down into Hell.



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