



# Michael's Messenger

ST. MICHAEL'S ANGLICAN CHURCH

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September 2015

## St. Michael's A.C.W. Friendship/Fellowship Group

Next deadline  
for submissions  
for next issue:

Nov. 22, 2015

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.

The next meeting will be held on

**Tuesday, September 15, at 1:00 p.m.** in the **A.C.W. Room**

which is located on the lower floor of the **Millennium Hall**

All the women of St. Michael's are considered informal members of the A.C.W., as all of us are **Anglican Church Women**, and are invited to attend the meetings and participate in any of the group's activities. The criteria for becoming a full-fledged member are simple. A fee of \$12.00 (\$1 per month) is collected and sent to the Diocesan A.C.W. Board once a year to assist them with their coordination of all the area groups etc. We are aware that many women aren't able to attend the daytime meetings. If anyone is interested in forming an evening group, please let Kathi Dale, Chairperson ([kdale@shaw.ca](mailto:kdale@shaw.ca) -- 604-596-2946), Val Hampton, Secretary ([val\\_hampton@shaw.ca](mailto:val_hampton@shaw.ca) .604-574-4639) or any other members know. Associate members are also very welcome. This includes women who aren't able to attend meetings but would like to participate in any of the group's activities, including fund-raising.

The Group continues to collect items for outreach including used postage stamps, Campbell's Soup Labels, Pop Can Tabs, Travel Soaps & Shampoos and used eyeglasses. These items can be placed in the appropriate containers at the back of the church. Please note that we no longer collect postage-prepaid envelopes. Also, every fall money is collected to purchase "hot socks", many of which are donated to homeless men and also to the Mission to Seafarers. Anne MacLean will also be selling the Church Calendars in November/December.

We are looking forward to our new, less formal, meeting format. At the **September 15<sup>th</sup>** meeting we will be planning for the upcoming season, which may include inviting guest speakers and possibly doing some visiting. Any and all suggestions regarding our activities are most welcome!



## Final notes on the 2015 St. Michael's Garage Sale.

First of all I would like to thank all the people that helped to set up on the Friday, also the people that were there on Saturday and Sunday, for the sale, as well as for the clean up on Sunday afternoon. Also, I want to give a BIG thank you to those people who donated the food for the sale. Jose for the burgers, water, and pop. Jeddy for the condiments for the burgers, Mavis for the chips, Suzanne for the buns, and David for the burgers. (I hope I have not missed anyone). Also a big thank you to Darlene and Wilma, a couple of non church members, that took the time out of their busy schedules to help St. Michael's. Now for the real good news, we brought in approximately \$780.00 which I think is excellent for a small community church like St. Michael's! I hope 2016 will be much better. Once again I want to thank you all for all the hard work for this event.

In HIS name

Dave Reynolds

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### Setting the Sails ~ submitted by Andy Whitmore

When Hudson Taylor, the famous missionary, first went to China, it was in a sailing vessel. Very close to the shore of cannibal islands the ship was becalmed, and it was slowly drifting shoreward unable to go about and the savages were eagerly anticipating a feast.

The captain came to Mr. Taylor and besought him to pray for the help of God. "I will," said Mr. Taylor, "provided you set your sails to catch the breeze." The captain declined to make himself a laughing stock by unfurling in a dead calm. Taylor said, "I will not undertake to pray for the vessel unless you will prepare the sails." And it was done.

While engaged in prayer, there was a knock at the door of his stateroom. "Who is there?" asked Taylor. The captain's voice responded, "Are you still praying for wind?" "Yes." "Well," said the captain, "You'd better stop praying, for we have more wind than we can manage."



## Prayer Hands Submitted by Val Hampton

This is a very simple exercise which activates mindful awareness of your physical sensations in the present moment. I call it praying hands. This exercise can be practised pretty much anywhere/anytime and I find it helpful when you're feeling overwhelmed, anxious, and/or despondent. In fact, I've noticed one of the German political ministers doing what appears to be this exercise in recent press conferences as the EU attempts to resolve the debt restructuring fiasco with Greece. I'm guessing this person is utilizing every possible means to maintain calm during this ongoing catastrophe!

For this exercise all you need to do is gently touch your fingertips together—pointing your fingers upwards or outwards. As you do this ... BREATHE ... and notice the sensations of your pulse beating through your fingertips. Bring your awareness to the muscles in your fingers and hands, and the energetic change of connecting the two sides of your bodies together—almost like completing an electrical circuit. Explore what other sensations you notice as you practise this simple technique. Indeed, you might become aware of this sensation of mindful connection going from your hands, all through your body—bringing an increase sense of calm, connection, and balance. The sensorimotor cortex in your brain has a lot of space devoted to the sensations in your hands. So by bringing them together in a moment or two of mindful awareness it's very possible to bring about a state shift in your mind/body. And, as an added bonus, if you're so inclined, you can always send up a few prayers in the process.

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## Sunday School

Sunday School begins September 6th with a special service led by Krista Fry. Krista will share information about the first Anglican service in Canada in 1578 with the children on this Sunday. After this, Sunday School teachers will use the Whole People of God curriculum to teach students.

Classes are for children aged 3 years to 12 years. We currently have six teachers who will share teaching duties through the Sunday School year, September to June. We will have two classes to accommodate the age range. If you wish more information please call Corri at 604-597-6799. Thank you.



# Greetings to All St. Michael's Family!

As summer comes to a close and autumn is upon us, I'm writing to say how excited I am to be your student intern for the next six months. We will spend Christmas together! I hope to get to know each of you as we worship and celebrate the life of Jesus Christ as a family of God. If I am shy at first, come right over and say hi.

Thank you for having me. Krista Fry



## St. Michael's Church Council 2015

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

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

Secretary: Sasha Abraham 604-591-2348

Treasurer: Jeddy James 778-997-7617  
Sasha Abraham 604-591-2348  
Alec Athley

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  
Alberta Rudolf 604-876-0014

Member-at-large: Tony Picher 604-594-1601  
Dave Reynolds 604-585-0660

Music: Coleen and Andy Whitmore  
604-590-3997

## Attention all!

The three parishes of St. Michael's, St. Helen's, and Church of the Epiphany invite you to come out to IHOP (one on Scott Road and 82nd) on the 24th of October at 9:00 am for the Tri-parish Men's Breakfast

On September 6, at the 10:00 AM service, the First Anglican Eucharist will be honoured

## 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.

## Upcoming Readings

### Sept 6-15th Sunday after Pentecost

Exodus 16:13-17a, 31-32  
Psalm 78:18-25  
Colossians 1:15-20  
John 6:53-59

### Sept 13-Holy Cross Sunday

Numbers 21:4b-9  
Psalm 98:1-6  
1 Corinthians 1:18-24  
John 3:13-17

### Sept 20-17th Sunday after Pentecost

Proverbs 3:1-6  
Psalm 119:33-40  
2 Timothy 3:14-17  
Matthew 9:9-13

### Sept 27-18th Sunday after Pentecost

Genesis 28:10-17  
Psalm 103:19-22  
Revelation 12:7-12  
John 1:47-51

### Oct 4-19th Sunday after Pentecost

Job 1:1, 2:1-10  
Psalm 26  
Hebrew 1:1-4, 2:5-12  
Mark 10:2-16

### Oct 11-Thanksgiving Sunday

Joel 2:21-27  
Psalm 126  
1 Timothy 2:1-7  
Matthew 6:25-33

### Oct 18-21st Sunday after Pentecost

Sirach 38:1-4  
Psalm 147:1-7  
2 Timothy 4:5-13  
Luke 4:14-21

### Oct 25-22nd Sunday after Pentecost

Deuteronomy 32:1-4  
Psalm 1  
Acts 15:12-22a  
John 15:17-27

### Nov 1-All Saints Day

Isaiah 25:6-9  
Revelation 21:1-6a  
John 11:32-44

### Nov 8-24th Sunday after Pentecost

Ruth 3:1-5, 4:13-17  
Psalm 146  
Hebrews 9:24-28  
Mark 12:38-44

### Nov 15-25th Sunday after Pentecost

1 Samuel 1:4-20  
Psalm 16  
Hebrews 10:11-14, 19-25  
Mark 13:1-8

### Nov 22-Reign of Christ Sunday

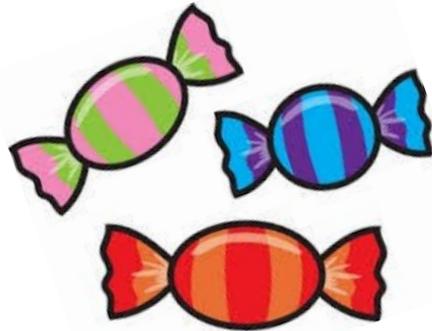
2 Samuel 23:1-7  
Psalm 93  
Revelation 1:4b-8  
John 18:33-37

**THE WORLD IS MINE - Author Unknown**  
~ submitted by Andy Whitmore

Today, upon a bus, I saw a very beautiful  
woman and wished I were as beautiful.  
When suddenly she rose to leave,  
I saw her hobble down the aisle.  
She had one leg and used a crutch.  
But as she passed, she passed a smile.  
Oh, God, forgive me when I whine.  
I have two legs; the world is mine.



I stopped to buy some candy.  
The lad who sold it had such charm.  
I talked with him, he seemed so glad.  
If I were late, it'd do no harm.  
And as I left, he said to me,  
"I thank you, you've been so kind.  
It's nice to talk with folks like you.  
You see," he said, "I'm blind."  
Oh, God, forgive me when I whine.  
I have two eyes; the world is mine.



Later while walking down the street,  
I saw a child I knew.  
He stood and watched the others play,  
but he did not know what to do.  
I stopped a moment and then I said,  
"Why don't you join them dear?"  
He looked ahead without a word.  
I forgot, he couldn't hear.  
Oh, God, forgive me when I whine.  
I have two ears; the world is mine.



With feet to take me where I'd go..  
With eyes to see the sunset's glow.  
With ears to hear what I'd know.  
Oh, God, forgive me when I whine.  
I've been blessed indeed, the world is  
mine.