



St. Michael's
Episcopal Church

the Chronicles of Canterbury

July 2017

From the Rector

It's True: This Episcopal Church Welcomes You

Since I first visited St. Michael's in early 2004, when we were considering whether to uproot our life elsewhere in order to replant it here, our family has experienced the warm welcome of St. Michael's. Some 13 years later, I continue to be impressed, but not surprised, that this parish has grown by means of welcoming people into her midst. We have grown, and not only in size, but in depth. And not only physically, but spiritually. And not only internally, but in what we do for the world around us.

To be clear, welcoming people is the mission of God, and a Gospel imperative. In Scripture, hospitality is linked with righteousness — and in-hospitality with sin. In the Law, hospitality for resident aliens, the needy and the poor, is given not as suggestion but as divine commandment. For instance, in Leviticus, we see numerous verses associated with caring for those with less. God says, "Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the

Lord your God." (Lev. 19: 9-10) God says, "Do not be hard-hearted or tight-fisted toward your needy neighbor." (Deut. 15:7-8). In the Psalms, the graciousness of God toward us is demonstrated most beautifully as hospitality, "you prepare a table before me ... you anoint my head with oil, my cup overflows." (Ps 23:5)

Contrarily, whereas in Genesis, Abraham and Sarah receive the angels heading toward Sodom with great hospitality and are blessed, the people of Sodom receive the angels with great in-hospitality. In the written and oral Hebrew tradition, evident also in Jesus' own teaching, the consensus view is that the sin of Sodom was their egregious selfishness and inhospitality, whether to the alien, the needy or the poor. Specifically, Ezekiel says that Sodom "had pride, excess of food, and prosperous ease, but did not aid the poor and needy." (Ezek 16:49). The ancient book of rabbinical commentary, the Mishna, says that

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A Whole Life

Families Bond with Pew Time and Church Life

It's Sunday morning, and as families gather in the pews, Mike Ferguson and his young daughters Ellery and Baker are among them. "Ferg," as everyone calls him, has been bringing the girls to church since they were very small, sharing prayer books and hymnals with them so they learn the patterns of our worship.

"The routine and structure of church was paramount in my life growing up," says Ferg, "so when I first started coming to St. Michael's, I mostly was doing it because it was 'what I was supposed to do.'" His wife didn't grow up in a household where church was a part of her life, so Mike knew if he wanted his girls to know church life the way he experienced it, it was going to be his responsibility.

More than 400 families with children make St. Michael's their spiritual home. But why? As part of our "Whole Life" year-long project, we asked a few of our families why they chose our parish, and what brings them back each week with their children.

"Kristen and I both grew up going to church but wandered away after going to college," says Will Lingo, who was senior warden of the Vestry last year. Members since 2007, the Lingos, like many, were prompted to return to church life when their children Joe and Kate came along. "Even then we weren't sure what church had to offer us," Will says, "seeing most as either too close-minded and rigid on one extreme or so touchy-feely and wishy-washy on the other. The first time at St. Michael's, Greg mocked the "Left Behind" book series in his sermon. I knew we were home."

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10 a.m.-1 p.m.

Sunday 9:30 – 10 am & 11:15 am - Noon

Beloved Disciples

Learning to Breathe Out

In April, my wife Jane convinced me to attend a Saturday workshop on *Chi Running*, which is about running with efficient biomechanics. It makes running more pleasant and prevents injuries. As with any endeavor involving correct posture and physical efficiency, there was an emphasis on diaphragmatic breathing. Diaphragmatic breathing is not new. Musicians, public speakers, athletes, yoga practitioners, people using breath to counteract anxiety and panic: all know the importance and value of breathing deeply with the diaphragm. Rather than taking shallow puffs with our upper chest, we can breathe with our full selves, and have much more power from our core.

What I learned in this workshop was that the best way to encourage diaphragmatic breathing is not to breathe in aggressively with the belly. Rather, we learned that in order to breathe deeply, the best thing to do was to forget about the in-breath altogether, and focus entirely on the out breath, on exhaling completely. When we exhale completely, this automatically engages the diaphragm for the out-breath, which then carries right over, without any effort, into a proper, deep in-breath with the diaphragm.

Practicing this while trail running in the weeks that followed, I was struck at how apt this is as an analogy for the Christian spiritual life.

When we think about wanting to make our Christianity real, we tend to focus, metaphorically, on trying to breathe in as much Christian spirituality as we can. We focus on getting more stuff — albeit devotional or spiritual or Biblical stuff — into ourselves, into our lives. We try to breathe in Jesus' gift of the Holy Spirit, the breath of God.

But maybe this emphasis on what we take into ourselves is backwards. Maybe this makes us into people who are already full of breath, desperately trying to inhale a little bit more. It is hard to breathe in a sip of air when your lungs are already full. Maybe this is why so many people just give up on living their faith, or hold it as a vague desire, impractical if desirable; it feels like trying painfully to get something more into their lives.

Maybe then the first, fundamental need for all of us, if we want to live our faith, is not to take anything more into ourselves, but is rather to exhale, to surrender and let go of ourselves. We release our selves, our lives, our agenda, our worries and cares into the care of God.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your cares on him, because he cares for you. [1 Peter 5:6-7]

In the Christian tradition, this action of surrendering to God our lives, our agenda, our anxieties and cares, our desires and even our sense of self-importance, is called *kenosis*, or self-emptying. It is what the Apostle Paul saw as the key to Jesus' reality:

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.



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And being found in human form,
he humbled himself
and became obedient to the point of death—
even death on a cross.

Therefore God also highly exalted him
and gave him the name
that is above every name,
so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father. [Philippians 2]

How then do we practice exhaling in a spiritual sense,
so that we can then breathe in the Spirit of God, fully
and powerfully, into our lives?

In Christianity, the clearest and most effective way of practicing this is found in contemplative prayer, what some call *Christian Meditation* or *Centering Prayer*. Such practices of self-emptying and surrender are not, in my opinion, Christian life in its fullness as some claim, but they are an extraordinarily helpful first step, breathing out deeply, intentionally, so that we can then breathe in. For a period every day — two periods of 20 minutes per day is the gold standard — we aim to sit still, silent, and open in the presence of God. Whatever arises in that time of silence, whatever distinct thought

rises up, or imagination or feeling, we gently release to God's care as a distraction.

I want to emphasize that we do not do this to attain some kind of spiritual and blissful quiet. We do it rather as a practical means of exhaling spiritually, emptying ourselves, releasing ourselves entirely to God in the form of whatever comes up as a distraction. I used to call this the *Prayer of Distraction* to emphasize that the whole point of this way of prayer was not to find perfect inner quiet, but was in the generous, loving action of handing over whatever arose in our silence to God. It is a way of handing over all that we think we are to God.

I do not appreciate all of her writings, but I think Cynthia Bourgeault has written the single best introduction to Centering Prayer available: *Centering Prayer and Inner Awakening*. Thomas Keating's *Open Mind, Open Heart* is also a classic. John Main's *The Moment of Christ* offers a simple teaching, one that I followed for over a decade.

As we have time to unwind this summer, to re-ground ourselves in what is real and true, maybe the best thing we could do is to practice exhaling, letting go of all our lives to God, day-in-day-out. Maybe the first step in living a newly inspired Christian life is not in inhaling anything new into our souls, but intentionally sitting down for a time each day and handing ourselves over to the God who cares for us. St. Paul was convinced that such intentional self-emptying and surrender was the essence of Jesus' own life, the fullest expression of love and obedience, and it can be the essence of our lives as well.

— The Rev. Robert Fruehwirth

RECTOR

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the wicked way of Sodom is to say, "what's mine is mine," and the saintly way of the righteous is to say, "what is mine is yours." (M 'Avot 5:13).

Yes, to be welcoming is more than a church growth stratagem. It's a sacred commission, and one which benefits not only the newly welcomed, but those who invite them in. Indeed, we who set and prepare the Lord's table (so to speak) benefit spiritually when we share the heavenly banquet with those whom God has invited through us.

When we talk about welcome as divine work, we are also speaking of how we take care of others beyond our own doors. There is no welcome without invitation, and there is no invitation without reaching out. Our mission and outreach therefore are extensions of our desire to make people feel welcomed.



St. Michael's is welcoming our neighbors when we participate in programs such as Episcopal Build, through Habitat for Humanity. Please join us in our efforts in the coming program year to welcome all.

To this end, we not only house and care for homeless families this month at St. Michael's, through Family Promise, but we support the project of growing food at Camden Street Garden, or the building of homes at Habitat, or the development of life skills at StepUp. Moreover, our welcome extends to interfaith dialogue with the Apex Mosque, and to racial reconciliation work with St. Matthew's A.M.E. church in Raleigh.

I have always liked the old sign that says "The Episcopal Church Welcomes You." I believe this must be true for us to be a true church, for the kingdom of God is all about welcome. As Jesus said, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me."

— The Rev. Samuel Gregory Jones

The Holy Michael Foundation Honors Its Donors

The Holy Michael Foundation is very grateful to the following parishioners for their gifts and support.

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On June 8, close to 50 members of the Canterbury Circle gathered for Holy Michael Foundation's fourth annual dinner. The Canterbury Circle recognizes parishioners who have remembered the Holy Michael Foundation in their will or other planned gift, or who have made a current gift to the Foundation. Their gifts and bequests have moved us closer to \$1 million and to fulfilling the purpose of the Foundation: supporting the mission and ministries of St. Michael's to benefit the Kingdom of God.

Founded in 2005 with the bequest of parishioner Bob Slaughter of just under \$400,000, the current balance of Holy Michael Foundation's invested funds has grown to more than \$915,000. As we edge closer to \$1 million, it is important to remember we must maintain that as an average balance for two years before we can distribute grants. All the more reason to reach \$1 million sooner rather than later!

If you have not yet given to the Holy Michael Foundation, please consider doing so this summer. We would be happy to assist you as you explore giving options. For more information on making a planned or current gift to the Holy Michael Foundation, please contact Director of Development Charlotte Griffin, 919-782-0731, ext. 121, griffin@holymichael.org, or any board member.

— Charlotte Griffin, Director of Development



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The Holy Michael Foundation is grateful for gifts from the following donors.

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Some Holy Michael Foundation donors wish to remain anonymous.

We honor their wishes and are very grateful for their support.

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Slaughter – gifts of \$50,000 or more
Rose – gifts of \$25,000 to \$49,999
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Lily – gifts of \$1,000 to \$4,999

Words & Wisdom

Reading Books You Might Not Like with People You Love

I have an unfettered imagination. I know this because when I tell my husband I don't believe in zero, he says, "Neither did the Neanderthals." "Show me," I say. "Show me one place anywhere in the universe where zero can be found." He turns up the car radio. At that point, I stop trying to engage him. He has that slide rule look about him and has his feet firmly planted in reality. But that is not where I live. I live most of the day in my imagination's garage. Just last week, I considered ditching reality and zero altogether, packing a lunch, jumping into the air and letting the earth spin beneath me until I re-gravitated somewhere over Kew Garden.

Imagination is the organizing venue for all thinkers and writers — fiction or non-fiction — lyricists or poets. Charles Darwin imagined a tree when he was puzzling through his theory of evolution; Albert Einstein rode a beam of light all the way to $E = MC^2$. Unfortunately for writers and readers, alike, imagination expands and contracts under its own power. Frequently, imagination is on vacation, leaving the body it once occupied limp and grey in front of a blue-glowing computer screen; but when it returns, it engages neurons, dendrites and digits to produce the most amazing human insights.

God did this for us. By His grace, we are the beneficiaries of language. We all have, to a greater or lesser extent, the ability to describe, communicate, soothe, interdict, instruct, forecast, report, lecture, warn and imagine stunningly complex sets of ideas through the building blocks of words agreed upon by convention and organized by syntax.

At St. Michael's, we are blessed with an abundance of wordsmiths, but moreover, we are blessed with an abundance of discerning readers. I had an inkling that this was true within a few weeks after joining St. Michaels when Greg Jones, almost giddy with anticipation, told us that he just picked up a copy of Dan Jones' # 1 international bestseller, *The Plantagenets: The Warrior Kings and Queens who Made England* and admonished us to read it. I ordered a copy that day. Many of our members can remember being guided through C. S. Lewis's *Screwtape Letters* by Christopher Hogin at Lee and David Hayden's house during several frosty winter evenings; and many will think back to the time Jeff Hensley brought us together to discuss the quality of mercy and forgiveness while reading *The Sunflower* by Simon Wiesenthal during three adult Sunday school sessions. More recently, I spent a flu-soddened afternoon hallucinating with Robitussin, St. Julian of Norwich and Robert Fruehwirth's book about her spiritual life titled *The Drawing of this Love*. This is a sipping book — intimate and profound.

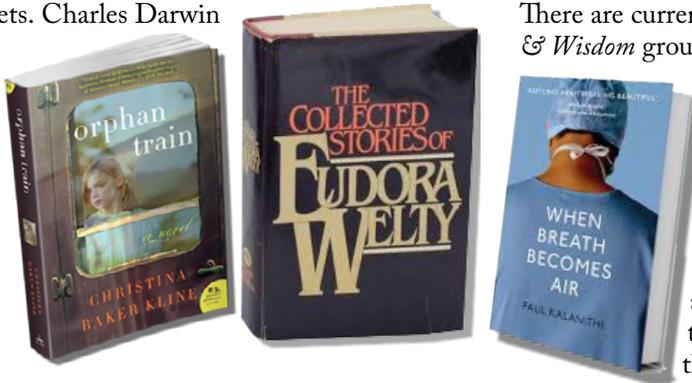
St. Michael's book group, *Words & Wisdom*, catches the overflow of individuals who want more of those experiences — individuals who admire authors, love words and want to share ideas about books they have read with others. Our selections are usually a mixture of fiction and non-fiction. We intentionally select books that provide a moral dilemma or ethical challenge which we, then, try to sort out during our meetings. This past year, for example, we read two non-fiction books, *Being Mortal: Medicine and What Matters in the End* by Atul Garwande concerning

issues of aging and dying, and *The Righteous Mind: Why Good People are Divided by Politics and Religion* by Jonathan Haidt. A month of poetry reading came in April with a collection titled *Ten Poems to Change Your Life* by Roger Housden. Two novels, *Out Stealing Horses* by Norwegian author, Per Petterson prompted discussion about how childhood trauma shapes adulthood; and *A Man Called Ove* by Fredrik Backman encouraged us to be aware that even the "pests" in our lives may nudge us toward a better understanding of our sometimes remote selves.

There are currently about 15 readers in the *Words & Wisdom* group. Not everyone reads every book or comes to every meeting, but the men and women who do are the most interesting people on the planet. We meet in each other's homes (on a volunteer basis) because it provides a more intimate setting for members to get to know each other. Our meetings are held on the second Wednesday of the month September through May. At the May meeting, we generally adopt a reading list for the following year. The books we selected this past May to read during the 2017-2018 year are listed below and notice is given in the church bulletin for the upcoming month. Look for the first announcement in August for the September book, *When Breath Becomes Air*.

Language has to be one of the most useful gifts God has given us. In life, we never really know how our story will end, but our lives are ever so much richer when we turn the pages together. Join us!

— Anne Crawford



Words & Wisdom

Reading List for 2017-2018

- When Breath Becomes Air* by Paul Kalanithi (2016)
- The Collected Stories of Eudora Welty* by Eudora Welty (1982)
- Orphan Train: A Novel* by Christina Baker Kline (2013)
- Formed by Love* by Scott Bader Saye (2017)
- Hallelujah Anyway: Rediscovering Mercy* by Anne Lamott (2017)
- The Other Wes Moore: One Name, Two Fates* by Wes Moore (2010)
- Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson (2014)
- The Meaning of It All: Thoughts of a Citizen Scientist* by Richard Feynman (2005 edition)
- Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by JD Vance (2016)

Summer Activities and a Call for Volunteers

In addition to our annual Youth Mission Trip, the Episcopal Youth Community has several volunteer opportunities this summer. We'll be serving a meal at StepUp, and middle schoolers can participate in service opportunities around town during our annual Missionpalooza.

StepUp Meal Service Night July 18

Register by Monday, July 17

Join us for a fun night of service with StepUp Ministry! We will provide a catered meal, serve and clean up for StepUp Ministry's summer meal program. Students in 6th-12th grades are welcome and a few parents are needed as well. We'll be serving roughly 150 people for a great night of service.

Where | White Memorial Presbyterian Church - Raleigh, NC

When | Tuesday, July 18
5 p.m.-6:45 p.m.

What To Bring | A baseball cap to keep hair back (hair nets will also be provided)

No Cost | dinner provided after we serve participants & families

Missionpalooza For 6th-8th grade students July 31 - August 3

*Register by Monday, July 24
or until registration is full.*

Come along as we experience service in the Raleigh community. Each morning we will serve the littlest parishioners of St. Michael's with Vacation Bible School! Each afternoon we'll serve the greater Raleigh community helping Camden Street Learning Garden, Inter-Faith Food Shuttle and Urban Ministries.

Where | St. Michael's Episcopal Church and the Raleigh community

Time | 8:30 a.m. to 4 p.m.
Drop off and pick up will be at St. Michael's Episcopal Church

Cost | \$30

Things to bring | A sack lunch with a water bottle will be needed each day

Volunteers | We will need a few parent volunteers from noon-4 p.m. Please contact Abby if you can help out!

VOLUNTEER WITH YOUTH MINISTRY!

Hey there! St. Michael's Youth Ministry continues to grow, and we couldn't be more excited about needing your help. Yes, YOU! We are in the process of looking for adult volunteers to help serve on our Youth Ministry Volunteer Team.

There are many different ways to get involved from the small group Bible studies, EYC Sunday nights, outreach/service projects or chaperoning an event or trip. We can find a place for you!

Now, some people might think: Why would we want to volunteer with the youth? We know better. Middle and high schoolers are awesome. They're hilarious (sometimes

on purpose). They're dramatic. They're involved. And they're a ton of fun. But most importantly, these students are at a time in their lives where they need someone like you to hang out with them, to support them, to show them what it looks like to love God.

We place great value on this community, so we place great value on our volunteers. There are two qualities we are looking for in our youth leaders: 1) a love for God 2) a heart for students. Do you have these two things?

If you have a love for God and a heart for students, you can become a great youth leader! If you are interested in any capacity or for more information, please contact Abby Van Noppen, Director of Youth Ministry.

— Abby



The EYC seeks adults as volunteer staff to work with our youth program. Join an energetic and dynamic team!



For All the Saints

St. Benedictine's Rule Still Observed Today

Among the most influential members of the “Holy Women and Men” who make up the official Episcopal book of “saints,” is Benedict of Nursia. His feast day is July 11.

Saint Benedict was born around 480 at Nursia in central Italy, but he was educated in Rome. He took his faith seriously and became disillusioned with life in Rome, which was disintegrating around him.

So he opted out of Roman society and withdrew to become a monk. But he chose not to do so near anyone else, so he withdrew to a cave near a lake, about 40 miles west of Rome. There was already at least one other monk living there, and gradually a community rose up around him. When it became too crowded for him, and there were too many distractions from his communion with God, he gathered a few of his best men, and withdrew once again, but this time, to Monte Cassino, where he wrote his monastic rule, The Rule of St. Benedict.

The rule, which was read aloud in chapters daily, gave direction that enabled the monks to live in harmony. Benedict lived in Monte Cassino until his death around age 60.

What is so compelling about Benedict is that his rule of life has survived in its original form, and is still read daily in all Benedictine monasteries. Other orders have tweaked it to suit their needs, and even lay people keep copies nearby as a guide for their own lives.

A rule of life is not really a set of dos and don'ts, but is more a guide on how to live a godly life. One person described a rule of life as being more a guardrail or a banister — something that you can hold on to as you walk, to keep you steady, to keep you on the right path.

A cleverly titled book, *St. Benedict's Toolbox* gives the reader the nuts and bolts of everyday Benedictine living. Writer Esther deWaall (not the author of *St. B's Toolbox*), summed up the Benedictine rule by saying:

“It's all about love.

It points me to Christ.

Ultimately the whole meaning and purpose of the Rule is simply, in Benedict's own words, to ‘Prefer nothing to the Love of Christ.’”

Episcopalians have our roots in Benedictine spirituality. Anglicans identify themselves not through a doctrine or catechism, but through worship. And that is very Benedictine. You want to understand our theology? Look at our Book of Common Prayer. Our order of worship, the psalms, canticles and responses all come directly from the Divine Office, which is monastic. Our prayer book is totally Benedictine. The Divine Office brought the monks together seven times per day for corporate prayer, which helped keep them all on the same page theologically.

The Benedictine outlook is marked by moderation and good sense. It's easy to see why Anglicans love it so dearly! Extremes of outlook or behavior were discouraged. *Ora et Labora* — *pray and work* — was the rule. Everything was kept in balance. And balance is one of the keys to Benedictine living.

The concept of “community,” which is so important to the Anglican church, came directly from Benedict. The traditional Anglican designation of the central importance of Holy Communion is a unifying sacrament to Benedict. To be in community was an essential ingredient to Benedictine life and thought. We, here at St. Michael's, work hard to incorporate community into our lives; so belonging to St. Michael's isn't just about showing up on Sunday mornings. We have much more to offer our community, like prayer for each other, worshipping together, and helping one

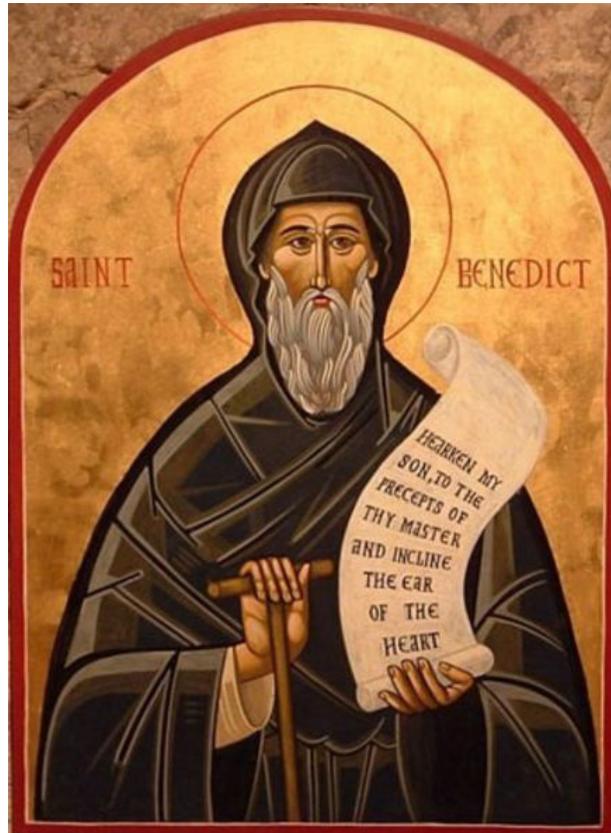
another in times of trouble.

Thousands of people throughout the ages have adapted Benedict's Rule for themselves. One has to be careful not to make the Rule into a rigorous list of to-do's for daily use. It's more about an attitude, like seeing the face of Christ in each person. That's one of Benedict's rules, in fact. While the Rule does incorporate directives re: the number of services to be said daily in a monastery, you can ascertain that it's about more than that.

So! Whether you are retired and have lots of time, or even if you are working but you're looking for a way to tweak your spiritual life, I recommend exploring the Benedictine Rule of Life.

— The Rev. Holly M. Gloff

The Rev. Meta Ellington leads a Rule of St. Benedict small group on the second Tuesday of the month from September to May at 7:20 a.m. in the Adult Education Room.



Gifts of Grace Gives close to \$370K in 15 Years

Happy Anniversary, Gifts of Grace! Fifteen years ago, St. Michael's opened a new chapter in its outreach mission by holding our first Gifts of Grace alternative Gift Giving Market. In those 15 years, we have distributed \$368,985 to various agencies represented at Gifts of Grace. Well done, St. Michael's!

The idea for Gifts of Grace came from the late Rev. Patsy Smith, a former associate rector at St. Michael's. Her former parish, St. Luke's, Durham, did an outreach event in the form of Gifts of Grace but on a smaller scale. Long-time parishioner Scotty Steele took Patsy's idea and ran with it, coming up with the overall structure and concept that we continue to utilize today. She searched online sites to get inspiration for our event name, Gifts of Grace.

The purpose of Gifts of Grace is to educate our parish with regard to outreach opportunities and agencies in our area that help people and to assist agencies monetarily with proceeds of the event. An added purpose is to generate volunteer opportunities for our parishioners. While attending the event St. Michael's parishioners Julia and Richard Bethune learned about volunteer opportunities and signed up to be StepUp mentors. Many of the agencies represented at Gifts of Grace have a direct tie to someone at St. Michael's.

"We signed up to be StepUp mentors to not only support a ministry that is backed by St. Michael's," says Julia, "but also give back to those who are striving to be meaningful and contributing members of this community, which we had recently joined ourselves."



Lou's Gorgonzola Dressing is always a hit at Gifts of Grace, now in its 16th year. It will be held on Nov. 12.

Gifts of Grace is an alternative gift-giving market. Donating to one or more agencies is a wonderful way to honor a friend or family member. Many of us are

blessed with an abundance, and sometimes an over-abundance of material things. We really don't need anything else, and often, gift givers face a dilemma as they try to find something special to give. In the letter of James, we are told "Every generous act of giving, with every perfect gift, is from the Father of lights, with whom there is no variation or shadow due to change." (1:17) Giving to one of the agencies at Gifts of Grace is the perfect way to put Christ back in Christmas.

In the coming weeks, we'll acquaint you with the organizations and agencies who will have a presence at Gifts of Grace on Nov. 12 In his Epistle in November, 2014, just prior to Gifts of Grace, Greg stated, "At St. Michael's, a signature act of our missionary attitude as a people of God is this coming Sunday's Gifts of Grace event. We hope to support and build a better world, in part, by this event, and by your gifts and gratitudes brought to bear for the Kingdom of God."

Let's continue to build on this wonderful tradition by opening our hearts and purse strings and helping to make our corner of the world a little better.

— Karen Wagoner, Gifts of Grace Committee

june lifelong disciple

This summer, we will bring two authors to St. Michael's to share their stories on Sunday morning after the 10 a.m. service. Please join us!

SUNDAY, JULY 23

LEARNING TO LISTEN: AN EXPLORATION OF HOW WE CAN HEAR AND HEED GOD'S CALL

WITH **KATE RADEMACHER** AUTHOR OF *FOLLOWING THE RED BIRD:*

FIRST STEPS INTO A LIFE OF FAITH

Chapel Hill author Kate Rademacher will share from her new memoir about her recent conversion to Christianity. Kate will share how she applied Christian teachings to everyday life during the first year after her baptism. Kate was baptized and confirmed at the Church of the Holy Family in 2012. More information about Kate can be found at www.katerademacher.com

SUNDAY, JULY 30

STEPHEN JUROVICS, AUTHOR OF HOSPITABLE PLANET: FAITH, ACTION, AND CLIMATE CHANGE

Climate change is a religious, as well as an environmental issue, for those who hold the Bible sacred. It is a religious issue because some of the effects of climate change are contrary to biblical teachings. Stephen will review the environmental teachings in what Jesus called "the law," where they appear most explicitly, connect them with relevant sections of the New Testament, and demonstrate the religious aspect of climate change, in particular. He will also identify measures that can reduce greenhouse gas emissions significantly and how we can push for their implementation. Learn more at hospitableplanet.com.

Love at 'First Rite' for Annual Fund Team

Chairs for the 2018 Annual Fund will be relative newcomers Michelle and John Connell. Members for more than three years, the Connells visited St. Michael's on Christmas Eve after beginning their search for a new church home and found it to be "love at first rite."

"Minutes into the service we looked at each other and said, 'this is it,' says John. "We felt welcome, even though we were guests in a crowded service. We felt moved by the beauty of the sanctuary and the majesty of the music, and we felt inspired by Greg's message. These are the very things that keep us here and that make us feel so blessed to have made this permanent, life-changing decision — spontaneously and simultaneously.



Michelle and John Connell

The Connells are ushers, Michelle is active in St. Madeline's, and John is a board member of the Episcopal Housing Ministry. Both are greeters, serving on the Newcomer Committee as well.

"At the risk of sounding flip," he says, "we want to be the Annual Fund chairs because we were asked. We are excited by the opportunity to serve in this capacity, humbled by the trust placed in us and determined to justify that trust."

While neither of the Connells enjoys fundraising, "this is different. So often fundraising does not directly impact the life of the donor. This does. This matters."

The Annual Fund is important, they say, because, "it's a buy-in. Ownership. People treat their rented apartment much differently than their mortgaged home. It's important for members of our church family to be financially invested."

It seems that any fundraising endeavor begins with the question: Do we want to focus on reaching our monetary goal or on having 100 percent participation? Our goal is both. While we are mindful and respectful of the fact that finances are very personal, we strongly feel that there is a collective duty to support our spiritual home.

To those who've never pledged before, they offer this food for thought: "In our personal experience, it makes a difference in the way you feel about and interact within the church. Try it and let us know if we're wrong."

John is retired after serving over 30 years as the clerk of the N.C. Court of Appeals. He is a double Tar Heel, earning, both his undergraduate and law degrees from UNC. Michelle is a family law attorney with Wyrick Robbins Yates & Ponton. They have five "boys" between the two of them, ages 18 to 24, who are all pursuing their passions which range from law school to teaching English in Thailand.

As empty nesters, Michelle and John are either pushing their 14-year-old Yorkiepoop in a dog stroller or sneaking to Pinehurst for a round of golf. They acknowledge that neither pursuit leaves much room for self-respect.

Family Promise® Volunteer to Help!

St. Michael's will again host up to five guest families at our church July 16 to July 30, through Family Promise. We will provide a place for them to sleep, meals, and transportation. We provide loving hospitality to the families while they are in our care. There are a large number of volunteer slots to be filled — evening hosts, overnight hosts, meal leaders, kids activity leaders, meal workers, van drivers, gift basket makers, linen launderers, room setup workers, and more! This is a great event for whole families to join in.

Family Promise of Wake County began in 1994 as Wake Interfaith Hospitality Network, providing church-based emergency shelter and meals to Wake County families experiencing temporary homelessness. It has expanded its services to include life-skills training, case management provided by social workers, a day center and transitional housing and is one of only two emergency shelters in Wake County allowing families to stay together.

Family Promise is the only homelessness nonprofit to offer a continuum of services and partnerships to move families all the way from homelessness to safe, affordable, permanent housing.

St. Michael's is among more than 50 host congregations offering their buildings and volunteer power to host families. Seventy percent of families successfully graduate from the Emergency Shelter program.

To secure your place or get more information, visit holymichael.org, or contact Sam Taylor at samuel.o.taylor@gmail.com or 908-399-5566.

Directory
Photo
Sessions

Sept. 17-20
& Oct. 4-7

Sign up on
Holymichael.org



Family Promise
Hosting

July 16-30

Sign up on
holymichael.org

FAMILIES

continued from page 1

Ferg saw his “single parenting” church as an opportunity to spend time with his daughters alone. “What started off as a ‘need to go’ to church has evolved into a ‘want to go to church,’” he says.

Many parents raising children in challenging times hope bringing them to church will give them the tools they need to handle the world they face. “We both think that our kids are better people than we were when we were that age,” says Will, “and St. Michael’s has had a lot to do with that.” The Lingo kids are acolytes and part of the Youth program. “Our kids, having been immersed in St. Michael’s for as long as they can remember, have a much better idea about who God is and what faith is than we did.”

Lyn Adkins and her family felt welcomed with open arms when they first came to St. Michael’s with their children. “(Husband) Thayer loved the fact that Greg went to Carolina and they share the same birthday.” Lyn grew up in the Episcopal Church but was a confessed “Chreaster,” going only on high holy days. At St. Michael’s, she was drawn by what our parish offered, particularly for children. “I wanted to raise a family where we individually and collectively felt at home in the same church.”

The Adkinses have found “a place of comfort, peace, faith, community and a spiritual leader we could relate to,” she says.

The whole Lingo family takes part in the full life of the parish. Kristen, who serves on the Youth Education Committee and as a lay reader. She will soon be a small group facilitator.

“Whatever we have given to St. Michael’s, St. Michael’s has more than given back to us,” says Will, “just like our relationship to God. Becoming part of St. Michael’s has made us better parents and better people and part of that is just thinking

much more purposefully about what the real message of Christianity is and trying to live through that on a daily basis.”



Mike Ferguson, with daughters Ellery, left, and Baker

‘The chance to sing with my daughters, to read with them, to pray with them, without distraction is a blessing I will always be thankful for.’
— Mike Ferguson, parishioner

“Developing and nurturing my daughters’ understanding of Christianity is paramount,” says Ferg, “but it’s really so much more. Church has taught them ritual, and tradition and history. Choir gives them confidence and joy and companionship with children outside of their daily neighborhood and school routine. It may not all make sense to them now, but it’s soaking in by osmosis if nothing else.

“The time I spend with them during the worship service is something I treasure beyond words,” Ferg adds. “The chance to sing with my daughters, to read with them, to pray with them, without distraction is a blessing I will always be thankful for. Just to sit there and hold their hands, in silence. It’s not replaceable or reproducible anywhere else in my life.

“As my children age,” Ferg says, “so does their curiosity as to why we go without their momr. I’m curious as to how that will evolve. Will their love of church inspire my wife to want to be a part of their experience? I don’t know, but I’m sure someone does!”



Congrats Class of 2017

We celebrated the graduates in June, wishing them well as they head to college. From left: Lindsey Munster, who will attend NC State; Hope Hatfield, who will attend the University of Alabama; Michael Caveney, who will attend Brunswick Community College; Kyle Williford, who will attend Auburn University; Luke Smith, who will attend the University of Alabama; Nathan Walker, who will attend Virginia Tech; Simon Copeland, who will attend NC State; Luciano Conte, who will attend Alamance Community College; and Isable Servera, who will attend Appalachian State.



Three Receive Duff/Capps Scholarships

Three St. Michael's high school seniors received the Duff/Capps Scholarship on June 4, during the Senior Sunday celebration. Please join us in congratulating these students for their hard work and participation in the life of our parish.

Olivia Maryeliza Bryant

Olivia, the daughter of Michael and April Bryant, graduated from Enloe Magnet High School. She has served as an acolyte at St. Michael's since 2011. She and her parents are regular attendees at the 11:30 a.m. service. She is a life-long Episcopalian and was confirmed by the Rt. Rev. Michael Curry at the Church of the Good Shepherd in Raleigh.



"My family was at a crossroads when I started high school, and we were exploring our options and the potential for a new church home," she wrote on her application. "We came to St. Michael's because we knew the Rev. Meta Ellington." Olivia had been active at Good Shepherd when Meta was a deacon there, and she and Meta have a special relationship. "Being a Gospel Bearer has been particularly enjoyable for me — maybe because I get to work with Meta — and my first Sunday

acolyting was made more memorable because it coincided with the Rev. Greg Jones' 10-year anniversary. Being an Episcopalian brings me comfort as I am challenged daily to deal with teenage temptations and adolescent worries. High school and growing up in a hopeless, weary world have been tough at times. I'm grateful to have constants like the love of faith and family in my life."

Olivia will attend the N.C. State College of Design this fall.

Isabel Frances Servera

Izzy has been a member of the St. Michael's EYC for several years and graduated from Broughton High School in June. She regularly attends EYC and the Senior High Bible Study, has participated in the Youth missions since joining St. Michael's and was part of the Belize Mission Team during her 8th and 9th grade years. She works hard to balance her church and school life around her full-time work as a hostess at Hibernian, Glenwood South.



"St. Michael's has made one of the largest and most important impacts on my life," she wrote in her essay. "It has shaped the way I view love, people, community, outreach and gifts, and has driven me to branch out from REACH and go on other mission trips, such as the Appalachian Service Project. (St. Michael's) has given me strength to carry on through my faith journey, even when it feels like I've come to a dead end. There are no words to accurately and wholly convey what St. Michael's and EYC have done for my life."

Izzy will attend Appalachian State University this fall. She is the daughter of Katie Severa.

Simon Laniel Copeland

Simon grew up attending St. Michael's, having been baptized and confirmed in our parish. He's participated in the Episcopal Youth Community since 6th grade, and he has been a REACH missionary every summer since 9th grade.



"Since I was a young boy, St. Michael's has taught me all about God. I have formed great relationships with some of the Sunday School teachers I've had and with youth leaders from EYC. EYC participation has turned me into the character I am today."

Simon is the son of Tony and Monique Copeland. He graduated from Ravenscroft High School, and he will attend N.C. State in the fall.



Mrs. R. O. Crawley, first directory c.1950s.

Be Part of St. Michael's History

It's that time again: the much loved Parish Directory! St. Michael's is brimming with new families these days, and the directory serves as an important tool for newcomers (and long-established families), staff and clergy to learn "who's who" in the pews each week.

Mark your calendars for Sept. 17-20 and Oct. 4-7, when St. Michael's will host photographers who will create our new parish directory.

We have been publishing directories for almost 70 years and hope that every family will want to be part of this important historic record.

Online appointment scheduling is now available at holymichael.org. As the schedule fills, Carico will add more slots to the schedule.

We will also have several in-person sign up days in August.

Our last directory was completed in 2013. There is no purchase required. Each family whose picture is made will receive a free copy of the directory.

We hope every family will want to be part of our parish's history. Sign up today!

Contact: Susan Rountree,
routree@holymichael.org.

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Deadlines:
• *Canterbury Tales*:
noon Wednesday before
Sunday publication
• *Chronicles of Canterbury*:
Wednesday, August 2

Tiptoe Through the Tulips in 2018

A group from St. Michael's will tiptoe through the tulips next spring on a river cruise through the Netherlands and Belgium. The cruise, April 12-20, includes Amsterdam, Volendam, Arnhem, Middleburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills and the famous Keukenhof Gardens. It features a walking tour of historic Bruges, Belgium; a visit to "Liebfrauenkirche," Belgium's largest Gothic church; a visit to Rubens House, home of the painter; and a view of Holland's largest concentration of wind mills.



Rubenshaus, home of the painter, Peter Paul Rubens, in Antwerp, Belgium

Booking early for the trip saves \$500 per person. Pricing ranges from \$3,569-\$4,269 per person, depending on cabin deck. Suite double rate is \$6,369. All prices include round trip airfare to and from Raleigh, 20 meals, and hotel transfers.

The tour will be hosted by the Rev. Holly Gloff. Pick up a brochure in the lobby on the small table to the right of the reception desk. Contact Holly at gloff@holymichael.org for more details.