



St. Michael's
Episcopal Church

the Chronicles of Canterbury

March 2017

From the Rector

We Are Known by a Father Who Sees in Secret

In Matthew, Jesus says, "Beware of practicing your piety before others in order to be seen by them." He says we should practice our faith, not so others may judge us well, but so that our "Father who sees in secret" will.

This notion of our Father "who sees in secret" has always stirred me. This realization that we are always in the eye of God. Always seen. Always known. That we are always held close to the very ground upon which we exist. That we are held by virtue of the gravity of grace to the ground of Being, which is of course God himself.

The imposition of ashes, which we do on Ash Wednesday, finds its grounding in Holy Scripture (Genesis 3.19) which says, "You are dust, and to dust you will return." *Humus* is Latin for earth, and it is the root of the words "Human" and "Humility."

Isn't it fabulous poetry that humus, human, and humble sound so much alike? They sound alike,

because they are alike. When we talk about humility we are referring to our very human nature. We are beings made of dust. We are dust people. Earth people. Beings wrought by a loving God from the very ground upon which we tread.

I think it's one of God's great metaphors in which he says, "I am the ground upon which the cosmos stands, I am the context in which it dwells, and from my holy stuff the universe is made."

God says, "You — human beings — you stand upon the ground of Earth, and from Earth you are made, atom by atom. Your bodies are formed from the dust upon which you walk, made special by my love for you alone."

This is what human beings are, and this is why humility ought not merely be a characteristic of the wise and holy, but is in fact all that we can hope for, because it is all that we really are.

See RECTOR on page 3

Camden Street Learning Garden

Garden Brings Community to Southeast Raleigh Corner

Charlotte Oakley swears she is not a garden person. When the mother of two moved with her husband and children near the Camden Street Garden in southeast Raleigh, she wasn't about to get her hands dirty.

That was before Katie Murray became her friend. When Murray, the Inter-Faith Food Shuttle's Raleigh Urban Agriculture Programs Manager and Camden Street visionary, asked Charlotte and her family to join the garden, Charlotte was wary. Her husband, Jimmy, was the gardener, Charlotte says. She could cook, but she was no gardener.

"Maybe I'll do something on the inside," she recalls. So Charlotte volunteered to create labels for seedlings.



And one day, when her family began planting the seeds, she picked up a few and started planting. "Sometimes you have to do what your family wants to do," she says. "I got me some gloves and some shoes."

A little background: Parishioner Lee Walker and his wife, Elizabeth, owned property in the middle of a poverty- and drug-stricken area of southeast Raleigh. With the idea of building a community garden, they partnered with the Inter-Faith Food Shuttle in 2014 to establish The Camden Street Learning Garden on the property. The goal was for children to adopt beds with the hope of their families becoming involved to increase the availability of fresh produce in the community and to increase self-sufficiency skills for all participants.

Katie started the garden from a collection of vacant

See GARDEN on page 5

what's inside

- 2 Lent's 40-Day Journey
- 4 The Gathering Recap
- 6 Belize Coffeehouse
- 7 Building a Legacy
- 8 Youth Mission
- 9 OWLS
- 10 Briefly
- 11 Lifelong Disciple

The People of St. Michael's

Church Phone: (919) 782-0731

All area codes are 919 unless otherwise noted.

THE REV. SAMUEL GREGORY JONES, Rector
ext. 117 • jones@holymichael.org
(c) 559-2004

THE REV. HOLLY GLOFF, Associate Rector
ext. 127 • gloff@holymichael.org
(c) 612-7228

THE REV. ROBERT FRUEHWIRTH, Associate Rector
ext. 105 • fruehwirth@holymichael.org
(c) 475-0082

THE REV. META ELLINGTON, Deacon
ellington@holymichael.org
(c) 210-9123

THE REV. DAVID CRABTREE, Deacon
(c) 614-2164

MARION B. "CHIP" CHASE, VERGER
(h) 851-9576

VESTRY

Dale Roane, Senior Warden • 791-0168
John Merritt, Jr, Warden • 783-8792
Debbie Reed Treasurer • 783-8978
Jessica Widener, Clerk 803-4840

Class of 2017

LeeAnn Graham • 782-5919 | Jeff Hensley • 424-7951
Todd Kasper • 784-8112 | John Merritt • 783-8792
Dale Roane • 791-0168

Class of 2018

David Bull • 785-9860 | John Constance • 332-2258
Anna McLamb • 848- 9012 | Allen Marshall • 720-4236
Joe Warena • 602-0839

Class of 2019

Tim Berry • 785-9573 | Dan Cahill • 785-1610
Valerie Jackson • 917-5164
Robin Kennedy • 571-3633 | Lee Walker • 896-8766

STAFF

STELLA ATTAWAY, DIRECTOR OF CHRISTIAN EDUCATION
attaway@holymichael.org • ext. 106

ANN GAREY, PUBLICATIONS

garey@holymichael.org • ext. 103

CHARLOTTE GRIFFIN, DIRECTOR OF DEVELOPMENT
griffin@holymichael.org • ext. 121

LEE HAYDEN, DIRECTOR OF OPERATIONS & NEWCOMER MINISTRY

hayden@holymichael.org • ext.108

ABBY VAN NOPPEN, DIRECTOR OF YOUTH MINISTRY
vannoppen@holymichael.org • ext. 115

KEVIN KERSTETTER, DIRECTOR OF MUSIC
kerstetter@holymichael.org • ext. 101

SUSAN LITTLE, FINANCIAL ADMINISTRATOR
little@holymichael.org • ext. 113

CAROLYN L'ITALIEN, ASSISTANT TO CHILDREN'S MINISTRES & OPERATIONS

litalien@holymichael.org

JEAN OLSON, PARISH SECRETARY

olson@holymichael.org • ext. 112

SUSAN ROUNTREE, DIRECTOR OF COMMUNICATIONS
rountree@holymichael.org • ext.122

FACILITIES STAFF

Jesús Epigenio, Groundskeeper

Marcela de la Cruz, Housekeeper

PARISH DAY SCHOOL

782-6430

MANDY ANNUNZIATA, DIRECTOR

annunziata@holymichael.org • ext. 110

CASON MADDISON, ASSISTANT DIRECTOR • ext.114

OFFICE HOURS

Monday-Friday, 9 a.m.-5 p.m.

CANTERBURY SHOP HOURS

Monday-Friday

10 a.m.-1 p.m.

Sunday 9-9:30 a.m. & 10:30 a.m.-noon

Beloved Disciples

Lent's 40-Day Journey and the 20-Mile March

Several years ago, when I was a leader in the monastery, my brother turned me on to Jim Collins, the well-known business consultant, in particular to his book, *How the Mighty Fail*. This might seem odd reading for a monk, but it helped me understand patterns of failure and self-destructive behavior in religious communities. Monasteries and businesses seemed to follow the same patterns when they were undermining their own vitality.

Recently I've re-discovered Jim Collins and found, once again, surprising wisdom for the Christian spiritual life. He brings, I would say, a monastic approach to any long-term and serious endeavor, in his idea of the Twenty-Mile March.

www.jimcollins.com/article_topics/articles/how-to-manage-through-chaos.html].

Collins developed his idea of the Twenty Mile March from the 1911 race to the south Pole by explorers Roald Amundsen and Robert Falcon Scott. The explorers used different approaches to their 1,400 mile journey in challenging conditions. Scott's party went as far as they could on days of good weather, and rested in their tents on days of bad weather. Amundsen's party attempted to travel 15-20 miles every day, regardless of weather. This meant, oddly, *traveling much less* than they could on good days, restraining their ambition, but then having the discipline to go out on bad days and achieve what they could.

Scott's approach seems reasonable: We might as well make hay while the sun is shining. However, his party was not only defeated in the race to the Pole, they died in the attempt. Amundsen reached the pole in around three months, averaging 15.5 miles per day.

Our Christian goal to the Pole to which we are trekking is a life of transparent openness to God. Or as I like to say: to live from the soul and to share God with this world.

The advice of Jim Collins accords entirely with the wisdom of the monastic tradition, and Jesus [see Matthew 6] about how we go about this. We avoid flamboyance. We avoid grand gestures and we restrain sweeping enthusiasms. Instead of these, we pick a regular spiritual practice, something that we feel opens our lives to God, and we *limit* our practice, so we can do it day in and day out, regardless of our interior spiritual weather or our unpredictable life. This means doing *much less* than we might on some days, and having to work with discipline on others.

In the monastery, we called this doing no more and no less than the community Rule of Life defined. It was considered to be just as weak and spiritually dubious to do more than the Rule specified as it was to do less.

What matters in the spiritual life, what opens our lives to God, is not stunning, flashy or heroic efforts — one-off moments of great power or insight — but consistent faithfulness, day in, and day out, to what we have discerned as the basic expression of our desire to be open to God, regardless of how it feels.

On March 1, Lent begins, and with that our Lent program for 2017, *Journey to Jerusalem*. Lent is the most important season in the Church's year for the renewing of faith and deepening of discipleship. It is also something we do *together* as a parish community, and everyone is invited to participate in one or more of the Lent offerings for 2017.



continued on the next page

continued from the previous page

Information about these Lent offerings, and resources for spiritual practice, can be found at holymichael.org and in print at the front desk.

Particularly important for our Lent journey is for each of us to decide on a Lent Rule of Life, and to commit to it, as our “Twenty-Mile March.” [Download a form for the Lent Rule of Life and watch a video of the Adult Forum explaining The Rule of Life on the website.] This Rule of Life for Lent specifies a moderate spiritual practice that expresses our desire to open our lives to God. The practices are traditional ones: reading and praying with Scripture, fasting and self-denial, giving to charity, self-examination and repentance.

Following Jim Collins, and centuries of monastic practice, and Amundsen’s wisdom on his trek to the South Pole, I urge you to define just a few small practices, things that you can do daily or weekly with disciplined consistency. Think of small things that nonetheless cut into your usual habits and open your life to God. For instance:

- I will read Scripture for 15 minutes with my morning coffee, write down whatever words mean most to me and recall these again each evening.
- I will give away \$10 each day during Lent.
- I will reflect every morning on three things I am grateful for and three things I regret in the previous day, before I look at any smartphone or tablet.
- I will pray the Lord’s Prayer (or even the traditional Morning Prayer, p. 80, *Book of Common Prayer*) every morning for a friend in need.
- I will banish the smartphone and all screens from my bedroom.
- I will not have cream in my coffee, or meat on Fridays, or chocolate or wine.
- I will fast from all internet purchasing.
- I will do something especially enjoyable each Sunday to celebrate our Lord’s resurrection, which we still celebrate in Lent.

The possibilities are endless. What you do needs to be individually discerned. The point however is this: The way we open our lives to God, the way we journey to Jerusalem with Jesus, is not by grand, heroic gestures, done when the whim strikes, but small disciplines, offered consistently, persistently, doggedly, restraining ourselves from doing extra during good spiritual weather and then working hard when the storms hit.

— The Rev. Robert Fruehwirth

RECTOR

continued from page 1

To be humble is not to adopt airs, or to act righteous. Indeed, it is little more than peeling away the residue of pride, attitude and self-construction, to reveal the basic person that God intended for us to become. To be humble is the greatest thing we can do as humans – and yet it involves adding nothing we do not already possess. It is instead the prayerful work of shedding the clothes of slavery which we so readily adopt in this world of powers and principalities, and revealing the shining skin of who we were meant to be in the eyes of God.

We seek to be humble, because that is the glorious “we” that God sees — the God who sees the secret we, the hidden we — the we that we really are beneath all the pride and foolishness, the we that God wants us to discover for ourselves. In that humility we will no longer pretend to be what we are not, and we will shed the scales from our eyes, and see beneath to the hearts of others.

All Living Is Prayer

Most glad and happy is our Lord about our prayer, and He watches for it and He wishes to enjoy it, because with His grace it makes us like Himself in character as we are in nature. And this is God’s blessed will, for He says this: “Pray inwardly even though it seems to give thee no pleasure, for it is beneficial enough though thou perceivest it not. Pray inwardly, though thou sensest nothing, though thou seest nothing, yea, though thou thinkest thou canst achieve nothing, for in dryness and barrenness, in sickness and in feebleness, then is thy prayer completely pleasing to me, though it seems to give thee but little pleasure. And thus all thy living is prayer in my eyes.

—Julian of Norwich

In the paradoxically blinding light of God’s love — we can finally see each other, as God sees us. And then we will understand why God loves us so much. We will finally understand why Jesus died on the cross for us. We will finally be free from that which keeps us bound. We will finally know — in the fullness of humility — why we have been given the kingdom of God as sons and daughters of the One God.

So what are we giving up for Lent? Let’s start with attitude, let’s start with pride. Let’s start with that, and let’s shed the layers of our prideful selves, and get down to that glorious being that God meant for us to be.

— The Rev. Samuel Gregory Jones

Gathering To Find the Holy and the Good

In late February, more than 225 women gathered to hear author Heather Lende at The Gathering 2017. Together they explored the small moments in our lives that are holy, and left the weekend with tools to find more joy and more grace in their lives as women. In small groups, through Compline and Morning Prayer, the women gathered for fellowship and worship for an unforgettable experience.



*Clockwise, from top right: Alaskan author Heather Lende reads from *Find the Good*; Adrian Wood, aka *The Educated Debutante*, was a popular speaker; parishioner Helen Moses instructs attendees of the fine art of praying out loud; Kevin Kerstetter directs a choir for *Compline*; senior members of our parish enjoy the opening reception; small groups gather to discuss a life overflowing with the Rev. Lisa Yebuah, and Settle Monroe, talks about how she found joy after the death of her child.*

GARDEN

continued from Page 1

grassy lots in June of 2014. Growing Community is just one of the programs offered in the garden.

Community groups and non-profits — including St. Michael's — have donated money and volunteer hours for the project. In 2015, funds allowed them to create the indoor teaching kitchen and classroom, where Food Shuttle staff and local chefs teach people like Charlotte Oakley the fine art of preparing fresh vegetables for their families. In addition, there are other areas for learning and experimentation with different growing methods. The garden contains bee hives, a greenhouse, a food forest full of fruit trees, a rain harvesting system and a vermicompost system.

This year, the St. Michael's ECW will raise money for the garden to establish an outdoor kitchen, teaching and eating space.



Now, two years later, the Oakleys have a small plot in the garden, growing their own food, literally, from the ground up. Over Christmas, they cooked collard greens that they planted from seed, and with the help of Katie in the Teaching Kitchen, Charlotte tore the greens with her hands instead of using a knife and learned how to make them tasty without adding meat. Recently, on a Family Meal Night, she learned to make healthy salad dressing from scratch.

"I thought I knew some stuff about gardening," her husband says, but when Camden Street offered classes, he signed up for the Food Shuttle's "Seed To Supper" course, a five-week series taught by NC State Master Gardeners. He was hooked. "This year, I hope to do even better."

Since joining the 10 families and 30 gardeners who care for the garden year round, the Oakleys have begun eating more

Above, Jimmy and Charlotte Diamon, next to their garden at the Camden Street Garden complex in southeast Raleigh. At right, Cece's signs designate gardeners' spots.

The Garden, sponsored by the Inter-Faith Food Shuttle, will be the beneficiary of funds raised at the ECW Garden Party, Friday, May 12.



Cece Diamond, next to one of her creations

healthfully than they had before. They have not only seen their diets change, but they are also spending more time together as a family. Charlotte's granddaughter Diamond can often be found out in the garden bed pulling up weeds and planting seedlings alongside Jimmy. Cece donates her artistic talents to paint murals and create signs for the garden.

"It's *our* garden," Charlotte says.

The garden is open to anyone in the neighborhood, field trip groups, volunteers and students at nearby Hunter Elementary who receive weekly gardening and cooking lessons as part of an elective partnership between Hunter and the Food Shuttle. In addition, students from Exploris Elementary visit the garden each week in the spring for a two-hour service learning elective called "Hunger Heroes." They study the underlying reasons for food insecurity and poverty in the community and what youth, working in and with their communities, can do to address hunger.

As spring appears to arrive early, the gardeners are making their plans. They are deciding what crops to grow and when to start the seeds, no doubt imagining the bounty that will, come summer, grace their family tables.

The garden has become a draw for the community. Kids are teaching other kids how to cook on Taco Night. There is a kids cooking club, monthly movie nights and outdoor cooking and gardening demos.

"Something truly remarkable was taking root on this collection of vacant lots on the southeast side of downtown Raleigh," Katie wrote on the Camden Street blog in December. "We were establishing a place where people could discover parts of themselves that they never knew existed."

"It would be a place where individuals could connect as friends across racial, religious and socio-economic divides and feel like a part of something bigger than themselves. We would work alongside our neighbors to not just grow food, but more importantly, people, relationships and community."

"It's way more successful than anything we've ever done," says Katie. Neighbors who didn't know each other before the garden now break bread together, creating healthy lives for their families.

Belize Coffeehouse Features Community Music School

For many years, St. Michael's mission teams going to Belize have offered an evening Coffeehouse to help defray team expenses required to facilitate their mission. This fun-filled evening features a wide range of musical styles and talent from a variety of acts — many from right here at St. Michael's. In addition, there are always delicious homemade desserts and snacks, a silent auction, and of course, Starbucks coffee (including decaf and tea)!

This year, to add to our tradition of variety, we are pleased to feature performances from the Community Music School of Raleigh (<http://www.cmsraleigh.org>). Since its founding in 1994, Community Music School has positively influenced the lives of more than 2,000 Wake County students through professional music education. Each year, nearly 100 students, all with limited financial resources, spend 34 weeks of rigorous private and ensemble instruction and summer camps. Recently, CMS funding had dipped, and for a while CMS was forced to suspend classes.

But through the generosity of donors, including St. Michael's parishioners, CMS was able to resume classes February 1. By offering an opportunity for the CMS Jazz Band to perform at the Coffeehouse, we can appreciate the incredible music they will provide and build awareness of the importance of their presence in our

*Belize Mission Coffeehouse featuring musicians from the Community Music School, Starbucks, and more!
Saturday, March 25
7:30 p.m.,
Parish Hall*

community, all while helping support our Holy Cross Anglican School mission team. And not only do our mission teams make a difference in the lives of hundreds of impoverished children, but those children and their families make a difference in our lives.

Following last year's trip, for example, one of our team members conveyed this experience:

"I was given a new 'Spiritual Word' one evening during the trip. That word was *Restore*. In the months since, God has taught me about that process: It requires a conscious decision, it requires being vulnerable to admitting certain things about oneself. It means doing the sometimes *hard* work of removing the damaged and then once down to bare wood refinishing into something beautiful again. And it was totally unexpected!"

A parishioner who developed an interest in this year's mission has a relative who works for Starbucks. Their passion about the mission convinced the relative to supply all the coffee (and some pairings, too) for this year's Coffeehouse! This too, was totally unexpected. Is it not amazing to think what God may do in our lives when we open ourselves to His presence? And that really is what the Coffeehouse — as an extension of our mission to Belize — is all about.

So please come out and support our team on March 25. And if you'd like to help on the planning committee, that would be great too! There are still some open performance slots — if you have a talent you want to share. Everything will take place in the Parish Hall, Saturday evening, March 25. Doors open at 7 p.m., and the music begins at 7:30 p.m. Tickets are \$12 for adults; \$8 for children and youth. Please contact John McHenry (john.mchenry@baronams.com; 919-306-3659) if you would like to help, perform or want more information.



Musicians from the Community Music School will perform at the Belize Mission Coffeehouse March 25

Belize Mission 2017 Schedule

FRIDAY, MARCH 3

COMMITMENT DEADLINE

SUNDAY, MARCH 5

COFFEEHOUSE PLANNING (AFTER SUNDAY SCHOOL)

SUNDAY, MARCH 12

TEAM ORIENTATION

SATURDAY, MARCH 25, 7 P.M., PARISH HALL

COFFEEHOUSE/FUNdraiser

SUNDAY, APRIL 2

FINAL PREPARATION MEETING (AFTER SUNDAY SCHOOL)

SATURDAY, APRIL 8

DEPARTURE

SATURDAY, APRIL 15

RETURN

Turning Your Love Into a Lifelong Legacy

In February, the Holy Michael Foundation hosted an Adult Education class in which three parishioners showed their love of St. Michael's by sharing their individual St. Michael's story. Attendees were fortunate to hear Frances Fontaine, Pansy Morton and John Constance. While each of them came to St. Michael's by separate paths and have been members for a varied number of years, they shared a common bond – their love of St. Michael's.

Frances spoke of how she came to St. Michael's when she moved here from Virginia Beach, being connected to St. Michael's by her aunt, Frances Vann. Her children were raised here, and now she has the joy of sitting with her grandchildren in church on Sunday mornings.



"St. Michael's has been our home during many happy times and it has lifted us up during difficult times, too," Frances said. "Our family has felt the power of the Holy Spirit through the hearts and minds of the people of St. Michael's."

Pansy recounted how she had been the lector one Sunday, reading the epistle in Spanish for the Episcopal Farm Workers who were visiting St. Michael's that day. As this was not mentioned in the bulletin, some parishioners were perplexed. A friend of Pansy's, also visiting that day, remarked each time he saw Pansy thereafter, "Pansy! Are you still speaking in tongues?!" Pansy taught Spanish for many years and still does each week for a group of our parishioners.

Pansy spoke of her late husband, Hugh, who emceed games of Bible Trivia during his third-grade Sunday School class. Correct answers were rewarded with baseball cards, a tradition that continued for years after his death. Pansy is grateful for the outpouring of affection and respect after Hugh's death, and how she and her family were honored by the love they received from their St. Michael's family.

Foundation Shows Steady Growth

The Holy Michael Foundation invests its funds following the Standard and Poor's Capital 500 Moderate ETF model. This model affords us moderate returns while incurring low fees for our trades. Before 2014, Holy Michael Foundation funds were invested in the NC Diocesan Common Trust. The board became uncomfortable with their inconsistent reporting and higher fees, prompting the Board to divest from the Common Trust.

The Investment Committee of the Holy Michael Foundation researched models and selected the S & P 500 as a sound investment model, focused on the long-term horizon. Our charge is to ensure our endowment is here for St. Michael's lifetime. As you can see from the graph, what began as roughly \$400,000 is now more than \$876,000. It has grown more than 45 percent in the last four years through bequests, cash gifts and investment performance.

St. Michael's Episcopal Church is a special place. It's a home to a large family who worships, prays, learns, mourns, and loves together. To show your love for St. Michael's, I invite you to join many other parishioners and make a cash or planned gift to the Holy Michael Foundation. Create your legacy today.

For more information on giving opportunities, please contact Director of Development Charlotte Griffin, 919-782-0731, griffin@holymichael.org.

John played a snippet from the Kruger Brothers' "Carolina in the Fall," an homage to coming home to North Carolina. John said at times in his life, moving from place to place, he has felt a bit like a refugee. But one thing is certain – he knows he has found his home here at St. Michael's. He does not know what serendipitous event led him and his wife, Hayden, here, but is thankful for the welcome they received and the love and feeling they've found in a home at St. Michael's.

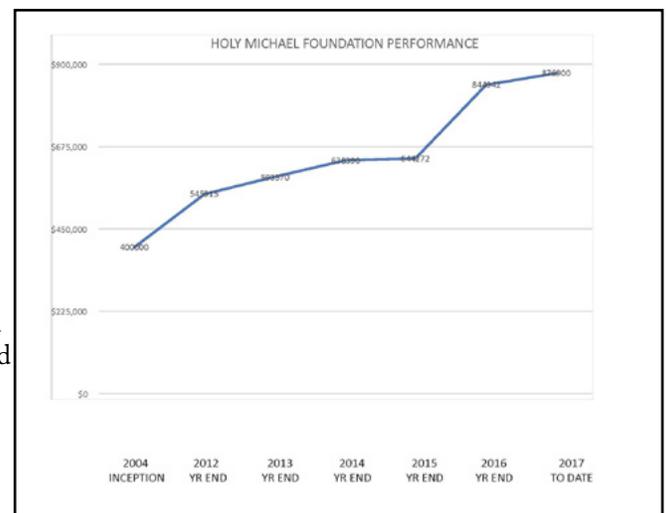
All of us have a St. Michael's story. Whether you are a newcomer or a charter member, you have a story to tell. Here are a few questions to ask yourself about St. Michael's, and one to help plant the seed for ideas of how to unlock the potential of our endowment, the Holy Michael Foundation, once we can disburse funds:

How long have you been a member of St. Michael's? What do you love about our parish? How has St. Michael's helped you or your family through tough times? Think of something fun and/or funny that happened at St. Michael's. How can you ensure your story lasts for St. Michael's lifetime?

When we're ready to disburse funds, how can St. Michael's use the Holy Michael Foundation to Go Farther With God?

Consider our parish's future and your role in it.

— Charlotte Griffin, Director of Development



"The Holy Michael Foundation may make grants to St. Michael's for the purposes of improvements to the church's physical assets and for seeding new programs, initiatives, and ministries of the church. Such distributions are not intended to provide income to the church for its annual operating expense." – Holy Michael Foundation Bylaws.

Fun & Games Lead to a Summer of Service for Youth

Youth Ministry has definitely been busy this winter, and we all love it! Our Sunday EYC gatherings continue to have a great turnout for both middle and high school groups. In January, we had our annual Lock-In with over 50 youth. We spent a few hours jumping at Defy Gravity and headed back to the church for food, lock-in games and a movie. February brought some cooler weather and our middle school ski trip to Winterplace, W. Va. We always have such a great time on this trip, and it's one of the highlights for Jr. EYC. The high schoolers will end out their year with a trip to Atlantic Beach, NC in late March. It's the perfect time to get away and reconnect with each other and with God.



Our Jr. High EYC after their January ski trip to Winterplace.

Youth Ministry's Summer of Service will be here before we know it! We have opportunities for rising middle and high school students to grow in their faith through outreach, service and fellowship.

A longstanding tradition with St. Michael's is the Reach Mission Trip for rising 9-12 graders. This year's mission will be in Stanton, Ky., from June 25 to July 2. Students and leaders will spend a week on a work crew helping a Stanton community resident by making significant home repairs. Jobs can range from helping hang dry wall, painting, building ramps or decks and roofing. It's such a fun, heartwarming and rewarding experience for everyone involved and something our high schoolers look

forward to every summer. We want you to join us. Our group continues to grow each year!

We had so much fun volunteering with StepUp Ministry's Summer Meals program, we couldn't wait to do it again. This service opportunity is open for 6-12 graders and is held on a Tuesday night. The July 2017 date is TBA, but we'll provide the food, service and clean up for around 130 adults and kids in the StepUp program. It's such a fun night to give back to the StepUp community!

Our final summer service project is Missionpalooza! This four-day experience for middle schoolers gives back to our church and the greater Raleigh community! Each morning we'll volunteer with St. Michael's Vacation Bible School.

In the afternoons, we'll work with organizations like Camden Street Learning Garden, Inter-Faith Food Shuttle, Urban Ministries, Brown Bag Ministries and The Raleigh Rescue Mission. Each day is filled with something fun. Save the date for July 31-Aug. 3.

Find more information about Youth Ministry and our events & programs at www.holymichael.org.

— Abby Van Noppen
Director of Youth Ministry
vannoppen@holymichael.org

Join the Rule of St. Benedict Group and Learn How To Live

Welcome to 1,500 years of wisdom that has stood the test of time on living in Christian community.

The writings of St. Benedict (born Benedict of Nursia in 480 AD) are studied and followed today as a foundation for all of Christendom.

Since 2013, a group of lay persons here at St. Michael's has been exploring *A Spirituality for the 21st Century* with Joan Chittister's video lessons. Joan Chittister, OSB, is a Benedictine Sister from Erie, Pa.

The "Rule," as Benedict's collected writings is called, are not hard and fast, "Thou shalt," and "Thou shalt nots." "The Rule of Benedict is not a treatise in systemic theology," says Chittister, "Its logic is the sagacity of daily life lived in Christ and lived well."

"What meaning, if any, can this Rule community possibly have for average people of our own day who grapple daily with a culture awash in the transitory and tenuous, in superficiality and confusion?"

What can a monastic teach us lay persons living fully in the world in our

communities, in our families, with our neighbors, in our churches, our towns and cities? Benedictine teachings are wisdom literature and thus are timeless as well as practical.

Join us on the second Tuesday of each month, for one hour in the Adult Education Room, from 7:20 a.m.-8:20 a.m. before the work day begins.

Our next gathering is March 14. Send express interest to casweeneyfit@gmail.com and I will send you a reminder email each month.

— Charlotte A. Sweeney

OWLS To Visit Newly-Renovated Duke University Chapel

On Thursday, March 16, marriage and family therapist Nancy Mayo will talk to us about "Adjusting to our OWLS years."

Don't you love New Year's resolutions? Are you still keeping yours? If not, there is there's hope. Some of you may have had the privilege of meeting Nancy Mayo. She is a marriage and family therapist and she has wonderful ideas on how to help us re-frame our lives to help us make the best possible choices. She will speak to us at 2 p.m. in the Convocation Room. Nancy will base her talk to us on two Bible verses: Romans 12:2 (Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God'), and Proverbs 23:7 (As a man thinks in his heart, so he is.)



Nancy helps us recognize that *how* we think changes us. Nancy brought to my attention a quote by Ghandi which I keep on my bulletin board above my desk that reads:

*"Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behavior.
Keep your behavior positive because your behavior becomes your habits.
Keep your habits positive because your habits become your values. Keep
your values positive because your values become your destiny."*

This sums up Nancy's philosophy. He is positive, affirming and practical! She will tie in what the Bible says about implementing a positive life and give you a chance to ask questions.

After many requests to tour the beautiful Duke Chapel, the OWLS will finally get their wish. Renovations to the chapel kept us from visiting, but mark your calendars for Thursday, March 23.

The renovation was the first since the chapel was completed in the 1930s. The architect, African-American Julian Abele, also who designed a good portion of the Duke campus. It is as grand as many European cathedrals and continues to be a refuge from our complicated world, and a spiritual home for many students and community members.

It is certainly a place of beauty and serenity and it celebrates the life of Christ. More than 200,000 people visit the chapel annually. It is famous not only for its majestic Collegiate Gothic-style architecture, but also for its three pipe organs, the largest of which is a 6,900-pipe Aeolian-Skinner organ. It also has a 5,033-pipe Flentrop and a smaller 960-pipe Brombaugh organ. The chapel seats approximately 1,800 people. The cobalt blue stained glass windows will take your breath away!

Plan on a 9:30 a.m. departure from St. Michael's. The tour will be from 10:30 a.m.-11:30 a.m.

We will also visit Watt's Grocery for lunch. A copy of the lunch menu is at the front desk. We will return by 3:30 p.m.

— The Rev. Holly M. Gloff

For all the Saints

Saint David of Wales

On March 1, St. David's Day is celebrated in the Anglican Church and in all of Wales. It is a day when modern Welsh people (especially children) wear leeks which, along with daffodils, is the national symbol of Wales. Welsh tradition says that David asked his Welsh soldiers to wear a leek in either their hat or their armour so that the warriors would be able to distinguish themselves from the enemies!

David was born somewhere between 500-589, depending upon your sources. He was educated at a monastery and became a priest. He founded 12 monasteries, including Glastonbury, and one at Minevia (St. David's), which he made the bishop's seat.

During his most famous speech against the heresy of Pelagianism, a miracle occurred. The ground upon which he stood suddenly rose up to form a small hill. A dove alighted upon his shoulder, which is now considered to be his emblem. John Davies states that "one can scarcely conceive of any miracle more superfluous" in that particular part of Wales than the creation of a new hill! At any rate, by popular acclaim, David was declared archbishop. When you see an icon of David, do look for that small hill and dove on his shoulder!



David wrote a monastic rule, which required the monks to pull the plough themselves, and not use draft animals. They were to drink only water and eat only bread with salt and herbs. At night, whereas many monastics enjoy some time of relaxation and companionship, David's monks spent the evening in prayer, reading or writing. No monk was permitted any personal possessions, and to claim an object for one's own was considered a wrongdoing.

As a self-imposed penance, David was said to have stood up to his neck in a lake of cold water while reciting scripture. This is not a recommended spiritual direction for St. Michael's parishioners, staff or clergy!

David died on March 1, in either 601 or 589 (again, according to your source). We may not know the year, but we know it was a Tuesday! David is buried at St. David's Cathedral in Pembrokeshire, which is still a shrine to this day, but is not as popular as it was during the middle ages. It continues to attract many visitors from around the world.

— The Rev. Holly M. Gloff

BRIEFLY

Join the Episcopal Build 2017 for Habitat for Humanity

St. Michael's and the Episcopal Build Coalition are excited for another great opportunity to support Habitat for Humanity in 2017. St. Michael's is a major contributor to this year's project at 921 Skinner Drive, Raleigh. We find ourselves again blessed to have so many fantastic organizations working together to provide housing for a well-deserved family.



St. Michael's joined the Episcopal Build 2016

Being part of the 2016 Episcopal Build gave me the opportunity to witness relationships developed while being a part of the construction of a home. Those days of volunteering left a lasting impact. Habitat for Humanity of Wake County reached a new goal in 2016 of 51 new homes, third among U.S. affiliates. Much of this success was due to volunteers just like us from St. Michael's. In 2016, Habitat engaged 14,274 people in the mission and helped serve 76 families with housing.

The need for housing in Wake County is greater than ever. This need must be met with volunteers. I ask your support on behalf of St. Michael's to assist in building this home and completing the dream for a well-deserved family.

Men's Retreat 2017

Belonging & Brotherhood

Sometimes a man has to whack a ball, or aim at a sporting clay and fire, slap your brothers on the back and start all over again. Though men might not say it, belonging to a brotherhood is an important part of life, a desire to be part of something that's larger than yourself.

Brotherhood reflects the active part — the part where his presence matters to the group, to others, to God. We want every man to be part of the St. Michael's Brotherhood, and to that end, we're planning our annual Men's Retreat.

Please join us for lively discussion, prayer, sports and relaxed fun, with friends new and old at St. Michael's gathering for parish men on Friday, April 21 and Saturday, April 22, in Whispering Pines.

Cost: \$175 includes room, dinner, breakfast and a box lunch

Activities: 1) Golf, 2) sporting clays, 3) a third activity will be added shortly.

Sign up: Please look for the registration forms in the church lobby. Men's Ministry representatives will be available after Sunday services.

For the second year, Episcopal organizations throughout the diocese have banded together for Episcopal Build 2017. The initiative kicks off on Saturday, March 25. We expect about 40 volunteers from 10 different Episcopal organizations to assemble the interior and exterior walls of the house at 2615 Westinghouse Blvd. and transport them to the site. St. Michael's is responsible for the labor pool on April 1, May 6 and May 12. If you're interested in volunteering, sign up at <https://habitatwake.volunteerhub.com/lp/episcopalbuild2017/events>.

No experience needed and all adults welcome!

For any questions about the opportunity or my involvement in the past with Habitat for Humanity, please contact Joe Warena at joe@millsconstructionco.com or 919-602-0839.

— Joe Warena

Camden Street

Garden Leader To Speak

The St. Michael's Episcopal Churchwomen are so excited to have Katie Murray, from the Camden Street Learning Garden speak at March's General Membership Meeting. She will speak to us about the Garden and invite us for a tour after the meeting.

Katie is the Inter-Faith Food Shuttle's Raleigh Urban

Agriculture Programs Manager and has been working since 2014 to create a food oasis in the middle of the southeast Raleigh "food desert."

March General Membership Meeting, Monday, March 6 11 a.m. RSVP at the front desk.

The ECW Spring Event will raise money for the Garden. See our feature on Page 1.

Habitat Episcopal Build

Saturday March 25

2615 Westinghouse Boulevard

Wall Assembly

Contact:

Joe Warena



Wednesday Words & Wisdom

7 p.m. March 8

Out Stealing Horses

by Per Patterson at the home of Joyce & Bruce Hunn

Newcomers Welcome

m a r c h



Lent is a season of spiritual renewal, a renewal of faith and a deepening of our discipleship. This year, following the Ash Wednesday Exhortation in the *Book of Common Prayer*, we will explore Lent as preparation for our observance of Holy Week and Easter. We'll examine the renewal of our Baptismal Vows at the Great Vigil. Our faith will be renewed, and our discipleship deepened as we enter with prayer into the mystery of Jesus' death and resurrection.

Inspired by *The Wound of Knowledge* by Rowan Williams, the former Archbishop of Canterbury,

MARCH 5

THE PASSION OF MY GOD

WITH THE REV. ROBERT FRUEHWIRTH

Introducing the Journey to Jerusalem program, the Rev. Robert Fruehwirth will reflect on St. Paul's experience of Jesus as the crucified Son of God, how this unmade all his assumption about God, upended his world and inspired the rest of his life. Emphasis will be placed on the meaning of Paul's experience for Christians today.

March 12

SAVING HUMANITY: ST. IRENAEUS AND THE GIFT OF THE FULLY HUMAN JESUS

WITH THE REV. SAMUEL GREGORY JONES

Christianity does not teach us saving information about God or a spiritual realm. It does not even offer a spiritual method for escaping suffering or the trials of life. Saint Irenaeus (130-220 CE) taught instead that we are saved through human contact with a fully human Jesus. God's compassion in the humanity of Jesus is what frees, illuminates, and restores.

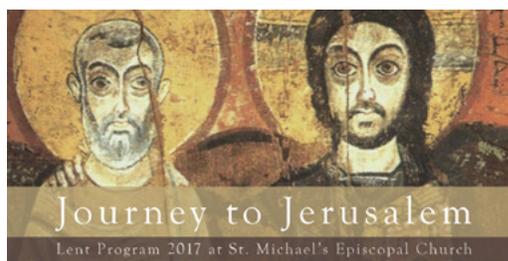
MARCH 19

SPIRITUALITY EVERYDAY:

THE WISDOM OF ST. BENEDICT

WITH THE REV. ROBERT FRUEHWIRTH

St. Benedict, the founder of Western Monasticism, still shows us in his famous Monastic Rule how to live our everyday lives in a way that resonates with the courage, devotion, and humility we find in Jesus, most especially in his journey to the cross. We find in this a practical way of living and relating to others that holds us open to the working of God's grace.



the Sunday Forum during Lent will reflect on the lives and teachings of six great Christian saints and how they were transformed by their encounter with Jesus and the Cross.

On the Tuesdays in Lent following the Sunday Program, we are going to have a parish dinner and reflection series called *Keeping Faith Real*, focused on applying what was taught in the preceding Sunday Forum to our lives. All are welcome, but space is limited. Sign up and pre-payment are in the church lobby, or by email to Frances Penick: fhpenick@nc.rr.com.

Resources for Lent can be found on our parish website: www.holymichael.org/len.

MARCH 26

SAINT AUGUSTINE AND LIFE IN GRACE

WITH JEFFREY HENSLEY

Beloved theologian-in-residence Jeff Hensley will reflect on St. Augustine, who had to overcome his early disdain for the humility of Jesus and the idea of a suffering God to become one of the most eloquent teachers of the idea of divine grace.

APRIL 2

JULIAN OF NORWICH & HER COMPASSION FOR GOD

WITH THE REV. ROBERT FRUEHWIRTH

Julian of Norwich's spirituality revolves around the experience of God's compassion for us, and her own for God. She was shaken and transformed by her journey into Jesus' Passion as a revelation of God's self-sacrificial love. She presents that a spiritual life in Jesus is a living interplay of compassion for God, for ourselves, and for the world.

April 9 (Palm Sunday)

SOLIDARITY WITH THE FORSAKEN GOD:

SIMONE WEIL AND ETTY HILLESUM

WITH THE REV. ROBERT FRUEHWIRTH

Simone Weil and Etty Hillesum were two 20th century mystics and spiritual writers whose adult conversions to a life with God sustained them in the darkness of World War II — Simone in working for the poor in France and England, and Etty in a transit camp for Auschwitz.

St. Michael's Episcopal Church



1520 Canterbury Rd.
Raleigh NC 27608-1106
Phone: 919-782-0731
Fax: 919-782-5085
www.holymichael.org

NON-PROFIT ORG.
US POSTAGE
PAID
Raleigh, NC
PERMIT NO. 696

Chronicles of Canterbury

is a monthly publication of
St. Michael's Episcopal Church
Editor: Susan B. Rountree
Phone: 919-782-0731, ext. 122
Email: rountree@holymichael.org

SPECIAL LENTEN PROGRAM

**Journey to Jerusalem
Tuesday evenings during Lent**

**March 7, 14, 21, 28 and April 4 & 11
6 p.m. - 7:30 p.m.**

Prayer, Soup Supper & Program

QUESTIONS? STORY IDEAS?

Susan Rountree,
Director of Communications
rountree@holymichael.org
• 919-782-0731, ext. 122

www.holymichael.org, *Chronicles of
Canterbury*, *ThisWeek@St. Michael's*
& *Rector's Weekly Epistle*:
Susan Rountree, Editor
rountree@holymichael.org

Canterbury Tales/brochures/bulletins:
Ann Garey,
Publications Coordinator
garey@holymichael.org

Deadlines:
• *Canterbury Tales*:
noon Wednesday before
Sunday publication
• *Chronicles of Canterbury*:
Wednesday, March 15



OWLS Visit Green Chair Project

Several members of the OWLS senior social group visited the Green Chair Project, which refurbishes gently used furniture and household items for families in transition. In recent months, they've visited the Hunt Library on NC State's Centennial Campus and heard lectures on the National Archives from Vestry member John Constance.