

St. David's Good News Letter

February 2007

Volume 13, Issue 2

Spring Cleaning

Submitted by Father David

It might seem strange talking about spring cleaning at the beginning of February, but I have a reason for doing so. As a child, it was in late February or early March that my Mom always did spring cleaning. It was a huge undertaking. On a sunny day all the windows would be thrown open, the mattresses and pillows would be carried out into the backyard to be sunned and the cleaning would begin. The walls would be washed, the windows cleaned, closets and drawers emptied and cleaned, broken toys thrown out. When every speck of dirt had been removed, all the furniture would be taken out and Mom would strip the wood floors and put down a fresh coat of wax. Only after the house was cleaned from front to back would Mom declare the job finished and we were free to do whatever we wanted to do. For a week the whole house was in an uproar, but afterwards it was a clean as humanly possible.

I clean differently. Rather than following my Mom's way, spending a week tearing the entire house apart and cleaning everything that doesn't move, I follow the "FlyLady" system. Every week I do a "general" house cleaning and vacuuming. Each week I select two rooms and tear them apart and clean them from stem to stern. In theory, once every four or six weeks every room is totally cleaned and there is no reason for a huge "spring cleaning."

Spring cleaning our homes and work places are a good thing. It allows us to part with material things that we don't use, want, or need any longer. Those things we've outgrown, either in size or emotion, can be passed on to someone who needs or can use them. With our parting with "stuff," someone else's life is made richer and we have new space to place something new we have or desire.

Spring cleaning is good for the soul as well.

Each of us has "stuff" we carry throughout our lives. Much is good and helps us live rich, full, active, creative lives. There is also much we need to part with. Often we don't accomplish this parting simply because it seems to be too much work. It is a huge job, much like taking on the whole house at one time and cleaning everything. Other times, it is because we've grown comfortable with our messy broken clutter; it seems easier to live with what surrounds us than to clean the decks and adapt to a new environment.

Lent is all about our spiritual "spring cleaning." This is the time when the church says, "Get out the broom, the dustpan, the cleaning rags and seriously have at it." Stand still for a minute; look around careful. What needs to be spiritually cleaned out? What are you doing that is separating you from the love of God? What takes your valuable time away from working on your relationships with God and with your brothers and sisters? What space needs cleaning out so that you can undertake something new that will help you in your spiritual journey?

For Christians, Ash Wednesday is when we liturgically begin our "spiritual spring cleaning." The cleaning tools we use are self-examination and repentance, prayer, fasting, self-denial, and reading and meditating on God's Holy Word. It is not a one-time event but a whole season of cleaning. This allows us to clean carefully and completely. Following this pattern, we are not overwhelmed; we do not give up before the job is complete. Use this time wisely. Come Easter time, your heart and home will be clean and truly ready for the Risen Lord.

With deepest affection,

Father David

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Please note the deadline for the March 2007 newsletter will be February 18, 2006.

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Christian Education – February upcoming events

Submitted by Debbie Cornell

February 2-4, 2007—WinterFest (Grades 5-12)

WinterFest will be held at the Church of the Good Shepherd in Allegan, Michigan. Lots of activities are planned, games, bible study, music, create art, hang out, pray and worship, skiing and snowboarding. Registration deadline is January 24th.

February 11, 2007—Youth Sunday (Kindergarten and grades 3-5)

Kindergarten and Grades 3-5th will be host/hostess for coffee hour and clean up. Please bring a dish to pass of your favorite dessert, veggies or fruit. Teacher’s Meeting after the 10:30 a.m. service.

February 17-18, 2007—Middle school class “Winter Retreat”

February 23-25, 2007—High school class “Winter Retreat”



MOPS Program needs help

Submitted by John Post

I have been asked by Lorayne Otto to coordinate the Children’s part of the St. David’s MOPS Program while she is in Arizona for the winter, and I’ve discovered that the program is desperately in need of parishioners who are willing to work with the children as assistant teachers or as substitutes.

While the mothers meet together in the Parish Hall their children are assigned to four small groups according to their age levels—from infants up to 5-years old. So far this year the average total number of children per MOPS meeting has been 30. It is for these small groups that we need volunteers.

MOPS (Mother of PreSchoolers) is a program for stay-at-home mothers who St. David’s has sponsored for more than 20 years.

If you would be willing to serve as an assistant under an experience teacher or to serve as a substitute, or if you have any questions, please see John Post.

The goal of MOPS is to provide a Christ-centered, caring ministry for the mothers of preschoolers. The program strives to help women develop a personal relationship with Jesus Christ by fostering friendships and exercising creativity in a safe and comfortable format. Instruction relates to Christian womanhood, marriage, child rearing, and family relationships.

MOPS meets from 9:30 a.m.—11:30 a.m. on the first and third Thursday of the month during the school year.

Please keep in mind that without volunteers to work with the children, the program for the mothers can’t work—a program that has saved homes, marriages, and even lives!

Pancake Supper just around the corner

Submitted by Jim Thurston

- When:** Tuesday, February 20th (5:00 p.m.—7:00 p.m.)
- Where:** St. David’s Great Hall
- Why:** Our annual gathering for an “All-You-Can-Eat” pancake supper.
- Price:** Ticket prices are just \$3.00 per person or \$10.00 for a family of four or more.



Donations are always accepted. Mark your calendars now and plan to partake in great food and fellowship. A help-



Letters from Stephanie Post

Submitted by Stephanie Post (via E-mail)

Friends and Family-

I just wanted to let you know I arrived safely in the Dominican Friday night after my classes ended in Georgia.

My classes were beneficial for my ministry, and my personal life...and of course, Young Life style, they were FUN! I roomed with some amazing girls, two of which I knew from Young Life in Michigan. I have attached a picture of the girls I stayed with the past two weeks. I took a Practical Theology class and a class titled "Understanding Yourself and Others." The best part of these classes for me was to be in community with about 150 other Young Life staff people from all over the States (and few other international staff).

Please pray for me as I continue to transition back to life here in the Dominican. Coming home for Christmas was INCREDIBLE, and so I do feel a little homesick and a little bit of tension in my transition back into a culture so different than the USA.

We will also start YL back up this Weds, so pray for our kids!!

With much love,
Steph Post

Friends and Family-

I hope that your first month of 2007 has given you all the joys and excitement of a new year. For me, it never actually feels like a new year...just more and more days I've been given to live this life!

I have been back in the country now for two weeks. The first week was a little hard getting adjusted to the culture, and people here all over again. Although I have only lived here for eight months, I am very blessed to be able to come back to good friends here as well. I am back in the "swing of things" and right back into working. We have planned our whole semester of activities for Young Life, and it is going to be a great semester. We have already had one "Welcome Back" club, and next week will have "Poultry Club," which should be super funny. Since this is the Dominican Republic and you can't go a day without seeing about 26 chickens, we thought it was appropriate to celebrate that and play tons

of games involving chickens (plastic ones I might add....). And of course, having a race to see which chicken restaurant can make the quickest delivery of a bucket of chicken to our club house. =)

But, the thing I am the most proud to tell you about is that the soccer team at the high school that I have been coaching won their first game in almost two years on Tuesday! We started out the season with about six girls on the team, so I needed to be motivated to meet more girls in the school and develop my team. Our official roster on Tuesday had 24 girls! They have been working so hard, and I love being their coach and being able to develop close relationships with them. We had our first game of the season Tuesday, and won 3-0. I was so excited, I think I might have been more excited than they were! I have attached a picture on the email of our team after the game.

I can not tell you how proud I was of these girls. I am developed such a compassion and deep care for them, and to see them accomplish something they worked so hard for was such an honor.

This weekend is a long weekend as well, so I will be able to head out to the Samana Peninsula on the east coast to check out a new beach. We will actually be taking our group beach camping on this same peninsula for our camp trip April 27-29. So, I am excited to see that and spend some quality time with friends.

Prayers:

- Prayer for all our upcoming clubs and Bible studies hosted on Weds. night
- Prayer for Vida Joven (Young Life) as our National Director, Arturo, and his wife Tracy left the country. Tracy was my closest friend and mentor. Pray for the ministry as my boss, Scott takes over. And pray for me that I might find another woman to get to know in country.
- Prayer for my small group of freshman and sophomores that we can dig deeper into our faiths this semester.

Thank you for all your support and encouragement!

Love,
Steph



Financial Summary (The treasurer's Year-End Report to the Annual Meeting)

Submitted by Father David

Financial Summary January 1 – December 30, 2006

	Actual 2006	Budget	Variance	Outcome
Income	\$273,237.47	\$258,672.99	\$14,564.48	Favorable
Expenses	\$223,252.55	\$258,672.99	-0-	Favorable
Balance	\$ 49,984.67	-0-	\$49,984.67	Favorable

The above figures were taken from the Treasurer's Year-End Report to the Annual Meeting; the good news is that through the generosity of all of you St. David's received more than we spent in 2006. The reason is because we planned on a full time Assistant/Youth Minister for half of the year. As you know, we are still in the search process and plan again in this year's budget to have one in place by summer.

A note of concern: Although pledges for 2007 have increased, the number of pledges is down. Thank you to all who pledged and were able to increase your pledge! If you have not sent in your pledge card please know that it is *never* too late. Simply contact Edie Nordlund in the parish office and she will see that you receive the necessary materials.

Annual Meeting elections—please welcome our new Vestry members

Submitted by Father David


Senior Warden—Gail Donovan
Junior Warden—David Sonnenberg
Treasurer—David Byers
Assistant Treasurer—Craig Leinbach
Clerk—Carolyn Jacobs

New Vestry Members:

Tim Cote
Sue Kohler
Patrick Lynaugh
Bob Nordlund
Barb VanDyke

Joshua, the church mouse, overheard:

Clarence Burgess is recovering from a recent fall requiring stitches to his face. Keep him and **Lucille** in your prayers. **Dave Byers** is home from a quick business trip to Florida. He was able to get a quick visit with **Frank and Sharon Pansino**. Did you see the Lansing State Journal article featuring **Larry Byers** and the beautiful flag cases he is making to honor Michigan soldiers who die in Iraq? There is a copy of the article on the bulletin board across from the coat racks. **Gail Donovan** thanks everyone for the prayers that have been offered for her father, **Dudley**. He is doing better. **Dan Durbin** was under the weather with the nasty cold going around but is back on his feet and back in his pew at church. **Jeanne Fraas** continues to slowly recover from her surgery and needs your continued prayers. Keep **Bill and Paula Hawes**, their daughter **Teri** and son-in-law **Henry Koenke** in your prayers as they deal with the unexpected loss of **Matthew Koenke**. **Francis Jacobs** was honored by the Vergers Guild of the United States with a very nice certificate and a beautiful Vergers Staff. Wasn't the

Baptism of **Riley and Sidney Leinbach** and **Emerson Williams** great?  I wondered how **Father David** was going to walk all three up and down the aisle! **Amy Mugnolo** continues to recover from her broken toe. **Edie Nordlund** had a great weekend up north with her daughter and now is back at her desk all relaxed and refreshed. **Harold Payne** is recovering from hip surgery and plans on being back on his feet in short order. **Father David and Nancy** made a trip out to Pittsburgh to attend the funeral of **Nancy's** Uncle Richard Strong. **Father David** did the service. They thank everyone for the prayers for safe travel. **Pauline Solomon** has been having medical tests and thanks everyone for their continued prayers. **David and Dawn Sonnenberg** are home from a trip to Myrtle Beach where they has a great time. **Nan Strickler** is in town doing a long-term sub and it was great seeing her in church last week. **Carol Williams** thanks everyone for their prayers for her father, **Bill**. He is doing better.



Confirmation class to be held for those in grades 10 and up

Submitted by Father David

Father David is in the process of putting together a Confirmation Class for High School Students 10th grade and up. If you (or your child or grandchild) have not been Confirmed and would like to be, please let Father David know. Classes will start about February 15th depending on what schedule works best for everyone. Confirmation will take place in April most likely here at St. David's. Don't forget that he has a class for adults taking place on Wednesday evenings directly after the 6:30 pm Eucharist. It is not too late to join that class either in preparation for Confirmation or Reception into the Episcopal Church or to simply brush up on something you learned many years ago. Talk to Father David if you have any questions.

St. Valentine's Day Children's Activity area



Unscramble the letters below and write the word on the line!

N C A Y D

R H A T E

V L O E

P C I U D

S R O E

V L N A E N I T E

R S C A D

K P N I

E R D

R B A E

W O F S R E L



10 quick ways to pray

Submitted by Debbie Cornell

1. When your alarm goes off in the morning, open your eyes and repeat this line from the Psalms: "This is the day the Lord has made. Let us rejoice and be glad." Commit to living in gratitude for the day, and you'll soon notice how much happier your days can become.

2. Practice Shower Power

Water is a powerful spiritual symbol. As you soap and rinse in the shower, pray to be cleansed of any feelings of anger, bitterness, resentment, or regret. Recall the words of Isaiah (58:11): "The Lord will guide you continually...You shall be like a watered garden, like a spring of water, whose waters never fail."

3. Practice Driveway Meditation

This one is especially for those who commute to work. Turn your time behind the wheel into time for prayer. Before starting the car engine, place your hands lightly on the steering wheel and breathe deeply several times. Ask the Holy Spirit to steer you through your day. Back out of your driveway slowly, and remain aware of the slowness. As you drive, think about your 'to-be' list. Let words like compassionate, serene and diligent percolate through your mind. Let grace-filled thoughts carry you in a loving manner through the day.

4. Climb Stairs

If you work on an upper floor in a multi-story building, skip the elevator and climb the stairs. Make your climb work for your body and your soul. Climb thoughtfully, breathing slowly. Use the time alone to experience a connection with God. Pause at each landing. Catch your breath, and focus for a moment on the blessings in your life. Say thanks before continuing your climb.

5. Elevator Blessings

No stairs? Next time you share an elevator with someone, say a silent prayer. Ask God to meet the other person's unique needs. Add a smile of your own.

6. Try Prayerful Single-Tasking

We all feel too busy. It has become a workplace axiom that multi-tasking is a good thing, but a growing body of research shows that it actually erodes productivity. Instead of dividing our concentration among many tasks, do one thing at a time-prayerfully. Offer your work as a prayerful gift to God. Ask for the grace to do it meaningfully, and without anxiety.

7. Fast for One Minute

In times of stress, we are often tempted to reach for foods that aren't healthy for us. Before you reach for the fried foods, sugar or chips- try this. Wait one minute. Offer the minute to God and ask for the grace you need to control your appetite. Chances are you'll no longer be tempted until the minute is up. If you do give in, just remember God forgives you. Forgive yourself.

8. Touch the Earth

Native Americans have this saying: "Never let a day go by without touching the earth with your foot." If only a couple of times each week, take a five or ten minute break to walk in a meditative way. Give up your usual energized stride to pay attention to the movement of lifting your leg, bending your knee, and placing your foot. Observe your breathing and your body. Look around. Notice the squirrels, the trees, and the sounds of nature. Nature tunes us into God's presence.

9. Cook up a Memory

Next time you cook, pay attention to the memories that are sparked by the dishes you make. Perhaps you have old recipes lying around that you have forgotten about. Bless all those who sweeten your recollections, thanking God for the spiritual nourishment these people have brought to your life.

10. Pray a Peanut Butter Minute

This is a good one for moms of school kids. When making your child's lunch, whisper a prayer as though you are sending the prayer right into your child's meal. You

REMEMBER: The ECW Secret Pal party will be held in February. Please see Andi Flitton or Jan Volk if you have any questions or would like to participate. There is a bulletin in the mail room with holidays listed for which secret pal gifts should be purchased.



Important Contact Information

Saint David's:

Fr. David R. Pike, Rector Box 103
Dr. Timothy Flynn, Music Director Box 147

Good News Letter:

Sarah Taber Box 162
sarah.a.taber@gmail.com

Vestry:

Gail Donovan, Senior Warden Box 17
John Runcie, Junior Warden Box 50
David Byers, Treasurer Box 15
Craig Leinbach, Asst. Treasurer Box 27
Francis Jacobs, Verger Box 4
Carolyn Jacobs, Clerk Box 4
Adam Williams Box 143
Vicki Tisdale Box 102
Dave Sonnenberg Box 138
Barb VanDyke Box 73
Jeff Spitzley Box 52
Nancy Howard Box 59
Carol Abbott Box 126
Dick Otto Box 82

Service & Schedule:

Sunday: 8:00 a.m., 10:30 a.m.
Wednesday: 6:30 p.m.
Friday: 9:00 a.m.

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Office Staff:

Corrections/Changes to St. David's Directory

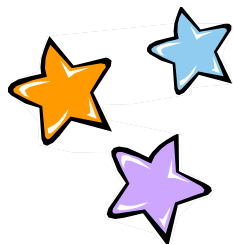
Please update your church directory with the following changes:

Ken & Dawn Zawadzinski
E-mail: 2team1@netzero.net
Dawn's Birthday: March 5th

Francis & Carolyn Jacobs
Phone: 517-622-1983

Birthdays:

1st—Loren Spitzley
2nd—Kevin Smith
3rd—Bobby Stanton
4th—Neal Cronkite
4th—Matthew Transeth
5th—Karen Burt
5th—Ashley Kay Lynn Vaughn
6th—Gini Orcutt
7th—Robert Bailey
9th—Jack Miller
10th—Summer Menold
11th—Bernoline Knapp
12th—Lawrence Byers
12th—James Kent



12th—Kristin Pfauth

Birthdays (continued):

16th—Beverly Kasper
18th—Steve Hosmer
21st—Charla-Fay Smith
22nd—Shirley Bailey
25th—Elizabeth Sherman
26th—Emily Kriek
28th—Douglas Sherman

Anniversaries:

4th—Mr. & Mrs. Steven Transeth
13th—Mr. & Mrs. Gary Mugnolo
14th—Mr. & Mrs. Francis Jacobs
14th—Mr. & Mrs. Ben Stine

St. David's Episcopal Church
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Lansing, Michigan 48917

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Happy Valentine's Day

Show someone you love how much they mean to you!

*Don't Forget: Valentine's Day is
February 14th!*

