

# THE GOOD NEWS LETTER

Vol. 9 No. 3

Serving St. David's & St. John's Episcopal Churches

March 2003

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## St. David's

Fr. David R. Pike, Rector, Church Box 103  
Edith Cole, Secretary, Box 26  
Sue Gabel, Administrative Assistant  
Dr. Timothy Flynn, Music Director

## Vestry

John Strickler, Sr. Warden, Box 134  
Jerry Williams, Jr. Warden, Box 115  
Steve Leiby  
Ron Schavey, Box 44  
Scott Foster, Box 121  
Dawn Sonnenberg, Box 138  
Gail Donovan, Box 17  
Debbie Davis, Box 28  
Tom George, Box 119  
John Post, Box 87  
Charlotte Byers  
Margaret Smithka  
Amber Matthews, Clerk to the Vestry

## St. John's

Rev. Carol A. Spangenberg, Rector  
Karen Gin, Secretary  
Chris Stapor, Treasurer

## Vestry

Ted Dotts, Senior Warden  
Will Walker, Junior Warden  
Deborah Walker, Secretary  
Mary Stafford  
Charles Andres  
Cara Stapor  
Sandra Garrison  
Stephen Stofflet  
Alma Stahl  
Brett McRae  
Karen Steiner

## Newsletter

Ric Sorrell, e-mail: ric@sorrell-family.net, Box 140

### St. David's Episcopal Church

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### Service Schedule

Sunday: 8:00 a.m. and 10:30 a.m.  
Wednesday 6:30 p.m.  
Friday 7:00 a.m.

### St. John's Episcopal Church

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### Service Schedule

Sunday: 8:00 a.m. and 10:30 a.m.  
Wednesday 6:30 p.m.

# Reflections of Father David

## St. David, Patron Saint of Wales

More than 40 years ago, the Rt. Rev. Charles Ellsworth Bennison, Sr. took a pilgrimage to England and Wales. During that trip he went to the far western edge of Wales and spent time at St. David's Cathedral. As a direct result of that visit, a short time later when a group of faithful Episcopalians approached Bishop Bennison about starting a new church in Delta Township, he gave his blessing and chose the name St. David, after the Bishop of Wales. As we continue to celebrate our 40th Anniversary, I thought it would be good to take a few minutes to explore who our patron saint was and where he lived and taught.

The story really begins before the birth of David with his mother, a woman named Non. Not much is known of Non's family background. It is believed that Non was descended from the family of Vortigern. In time of civil and political unrest, Vortigern fought, won battles and in time crowned himself King. As a result of Vortigern's actions, Non was of royal blood. In time, it is believed that Non married Sandde of the family of Cuedda Wledig. Cuedda Wledig was one of the three holy families of Britain and is said to be descended from Bran the Blessed.

Legend has it that Non gave birth to David in the middle of a field on the cliffs of the wild Welsh coast in the midst of a violent thunderstorm. According to tradition, at the height of the storm and its ensuring darkness, light as bright as the summer sun shone on the spot of David's birth. At the very moment of his birth, a spring of water burst forth and flows to this very day.

It is believed that David was baptized by an Irish Bishop at Porth Clais, where the River Alun flows into the Irish Sea. David was educated by Paulinus and in time founded a monastery. David

chose as a site for his monastery, a marsh filled valley on the River Alun very near the place of his birth. The medieval name for St. David's was Menevia and in time became the seat of David's Bishopric. Menevia comes from the same Irish root word as bush and may well reflect a valley filled with bushes and scrub trees.

David ruled his monastery with a firm hand. He expected his monks to spend time not only in prayer and study, but manual labor as well. David's monks had no personal possessions and lived on a simple diet of plain food produced by the labor of their own hands. Tradition has it that he would not let them drink mead, but water only with their daily meals, thus his nickname "the Waterman".

The influence of St. David's Monastery on the spread of Christianity was great. David's asceticism attracted the Irish and they crossed the sea to learn and deepen their spirituality. St. David's location on the western edge of Wales, where the sea routes and land routes intersected, allowed it to become a major center for pilgrimage throughout the Middle Ages. Custom allowed that two pilgrimages to St. David's was equal to one pilgrimage to Rome.

David probably died on March 1, 589.

With deepest affections and blessings,

Fr. David

# Reverend Carol's message

## What is Lent? How do we Live it?

Lent is forty days in which we have the opportunity and the responsibility to get our life back on track as far as our spiritual life is concerned. We have been given the time by the Church to do something different that will make a difference in our life now and next week, not to mention next month. Lent is a time that has been, in the past, a time of penitence and examination, then it became a time of giving and doing, and not necessarily giving up be giving out of ourselves to others. Now, I think Lent has lost its forces all-together.

Yes, we preach about Lent, and how we can study and read more Scripture, and set side a time for prayer, etc. But really, how many of us actually do this? and keep the promise we have made to ourselves, and probably God, for these 40days. If I had to guess I would put the figure at less then 40% of those who started at all. Some of us preach about giving to someone else for Lent, and that is really carried though. How do we as priests suspect this, because we never hear of it from any source, and in this time of the year, we should, so we can pass the good idea to another? And then there is the giving up, and again, I hear I started but never finished, what ever it was one was going to give up. We hear that it was too long

a time, or that something came up and "I" was not able to keep up my promise.

This isn't here to point out you, or send anyone on a guilt trip. It is here, written by me, because I think Lent should become a time when we do focus and direct our actions and thoughts more toward God, and what he would have us do during this opportunity. We need to **focus** ourselves, and our schedules, and our families, and our churches toward a reverent. disciplined, and sacrificial Lent. That we not only give to others, but that we take the time to go to Lenten Programs, to go to Church on Wednesdays, to join a Bible Study, or pray everyday, what ever you can do, do it. But make Lent the focal point in your life for these forty days. Make sure you do what ever it takes to see that this happens, and happens this Lent, starting with Ash Wednesday, which is the first week in March.

God's blessings be with you in making this a Lent of spiritual growth,

Rev. Carol

### St. David's Nursey Help Wanted!

The St. David's nursery is looking for adults to help out during the 10:30 Sunday service. If you are interested in helping, please contact Jaime Williams at 272-1996 or [Williamsjai@yahoo.com](mailto:Williamsjai@yahoo.com)

Thank you so much,  
Jaime Williams

## The Church mouse heard ...

Have you picked up your new church directory from your new mailbox? Thanks to **John Post** and **Jerry Williams** for putting the new mailboxes together and transferring the old materials. Note that you still have your same number but because the numbers go from right to left rather than up and down, your location has changed. There is a listing of mailbox numbers on the right side of the mailboxes if you need to locate someone.

The Parish Office has lots of extra directories if you need an additional one. **Deb Davis, Nancy Howard** and **Stephanie Cote** helped 11 young people have a great retreat this past weekend. They went to the Historical Museum, ice skating, sledding, ate well, played games and got very little sleep. It appears that a good time was had by all. **Charles** and **Louise Henley** are back from wintering in south Texas. It is great to see them again. **Eileen Newhouse, Rose McNab, Pauline Solomon, Glennis Muncie, Robert** and **Shirley Bailey, Pearl Brooks** and **Fr. David** attended the InterFaith Day held at Peoples Church in East Lansing. The program was excellent, as was the luncheon. **John** and **Barb Post** have been spending a lot of time on the road. After visiting with their daughter **Mary**, they went west to work on a Faith Alive Weekend. **Nan** and **John Strickler** spent a fun weekend in Chicago and came back looking much refreshed. Woodcarvings of the Madonna and St. Joseph have been given to the honor and glory of Almighty God and in thanksgiving for: William and Marion Sauer, John and Miriam Williams, and Floyd and Gertrude Olmstead by Carol and Jerry Williams. They will be placed in the Chapel.

Remember that Lent will soon be here. **Fr. David** says that we will have our usual soup and bread potluck following the Wednesday evening Eucharist. Sign up sheets are in the Narthex. This year **Fr. Jerry** is presenting a program on Dealing with Grief and **Fr. David** will be presenting a program entitled Who Says So? Encountering the Authority of Scripture. Everything starts at 6:00 pm and ends at 8:30 pm. Remember as well that Stations of the Cross will take place every Friday in Lent beginning at 7:00 pm and lasting for ½ hour. The Stations were given by **Dick** and **Norma Hammond** in memory of Norma's parents **Helen** and **Vern Menzies**.

## St. David's March Birthdays

1	Bob Muncie
1	Victoria Holbert
5	Jay Bastian
5	Barb VanDyke
7	Kailyn Kressler
7	Hunter Jones
9	Ruby Klanecky
9	Zbigniew Tyszkiewicz
12	Carol Abbott
12	Susan Lipka
15	Daniel Ostrom
18	Russell Vine
19	Trevor Spitzley
20	Glennis Muncie
23	Karen Oleson
23	Justin Martzke
24	Sandra Bechtel
28	Jean Bechtel
29	Sara Harris
30	Don Lawrence
30	Nicole Spitzley
30	Cash Holbert

## March Anniversaries

16	Bill & Kay Paff
18	Harry & Judith Grant
20	John & Nan Strickler
23	Bob & Glennis Muncie
25	Dick & Lorraine Otto

**Pat Johnson** hosted a Valentines Day dessert at their condominium in St. Augustine, Fl. Attending from St. David's were **Dick** and **Norma Hammond, Harold** and **Betty Payne** and **Larry** and **Wink Ewing**. Also attending were **George Brusso** of Haslett, **Dave** and **Sheryl Berry** of Charlotte and **Leslie Ewing** of Nashville, Tennessee. Everyone brought one of their favorite desserts. The Johnsons had 50-60's music playing and everyone had a good time guessing the names of the songs and the artists.

## News from Carol's Corner

I want to **thank** everyone for all their support and prayers... God Bless You All.  
Rev. Carol

Lenten Program to begin on Ash Wednesday and every Wednesday thereafter until Holy Week. A soup and bread dinner will begin at 5:45 p.m. in the Parish Hall, then the 6:30 p.m. service will take place. After the service, we will have a Lenten Program until 8:15 p.m. Please plan on attending. If you would like to fix the soup and supply the bread for one meal, please see me or Sharon Deger.

Young people will be having a lock-in sometime in March -- please see Bonnie Bos for details. Bonnie has taken over the activities of the Saints, and if you would like to help or have any suggestions, please let her know.

The next **Vestry Meeting** is the third Monday in March. If you would like to join us you are most welcomed.

On March 22, we have a **Deanery Meeting at St. David's in Lansing**. All delegates and the Rector will attend. If you would like to join us you are welcomed to do so. The meeting will begin at 10:00 a.m.

Buddy Houghtelling's group will be coming to the Charlotte area on March 22. This is a wonderful time to hear him and to have the opportunity to be part of this great music. A group from St. John's will be going; if you are interested please let me know. Don't miss this as it will be lots of fun. (He is a bit conservative, but his music is fun and great to listen too.)

ECW will be planning a trip to see the Dead Sea Scrolls in Grand Rapids. If you would like to go, please see the Rector, Sharon Deger, or Gayl Dotts. Date and time will be announced later.

The Vestry Minutes will be on the Bulletin Boards throughout the church for your reading.

### St. David's 40<sup>th</sup> anniversary

Dear St. David's Parishioner:

Forty years ago, a small group of Christians petitioned Bishop Charles Bennison to establish a new Episcopalian mission church on Lansing's west side. On September 9<sup>th</sup>, 1962, St. David's Episcopal Church held its first recorded service at what is now the Tiffany Funeral Home on West Saginaw Road in Delta Township. Today, a thriving parish of more than 100 families regularly worships at 1519 Elmwood Road, and shares its facilities with groups from throughout the Greater Lansing area.

Saturday, May 17<sup>th</sup> current and former parishioners of St. David's will celebrate our 40 years as a Christian community, and pay tribute to those forward-looking families who laid the foundation so many years ago. A formal invitation to this festive dinner will follow, but for now we hope you'll mark the date on your calendar and plan to attend. Our evening will begin with a social hour at 5:30 p.m., followed by dinner at 6:30 and will conclude with a brief program. This will be a wonderful opportunity to reminisce, to learn about our parish roots, or to renew acquaintances. We hope you'll join with us as we celebrate 40 years of worshipping our Lord at St. David's Episcopal Church.

John Strickler  
Senior Warden

## The Healing Corner

By Dianne Ulibarri

In the first part of this article, forgiveness was defined as ceasing to feel, or giving up, resentment against an offender. Condoning was defined as voluntarily overlooking the hurt and treating the action as if it were trivial. When we forgive, we do not condone the event. If we do not choose to forgive, the resentment, anger and bitterness become more problematic than the original hurt. This build up of hostility toward someone, causes us to punish ourselves for someone else's act toward us.

How do we end up punishing ourselves by this buildup of hostility? There are several ways self-punishment is incurred. From the aspect of the physical body, we place ourselves in a stressful situation. So, what is stress and how does the body respond to stress? Stress is our reaction to an event, not the event itself. Moreover, it is the cumulative effect of constant, or long-repressed negative emotion that causes stress, not the single flashes of anger or despair. The longer we maintain the negative state of mind, the more damage stress can do to our bodies.

Initial physical responses to negative stress include, but are not limited to headaches, increase in blood pressure, and muscle tenseness especially in the upper back and neck areas. Over time, these responses can increase, resulting in such things as migraines, heart problems, depression, and the list continues. Holding onto negative feelings of anxiety, bitterness and anger, directly affect the systems of the body. How? Physiologically, the adrenal glands are stimulated to secrete adrenaline, which charges the body for "fight or flight". This hormone is responsible for those reported "superhuman" events such as a mother lifting an automobile off her child. However, in most cases, there is no automobile for us to lift, no place for us to use up this adrenaline surge. The effect on the body is that the adrenaline puts the body's systems "on alert"; on continual alert, if the anger and bitterness continue over a period of time. So the body gets "charged up" but is unable to use the adrenaline for "fight or flight". When we keep reviewing the hurtful situation, the body responds physically as if the situation were new, by releasing adrenaline. The continual release of

adrenaline is physically taxing on all systems of the body, resulting in a variety of symptoms such as, fatigue that won't "go away", hypertension, etc. As an aside, one of the many advantages to daily exercise is to help reduce stress levels, release endorphins, and "feel good".

At the emotional and mental levels, if we have not forgiven the person, we continue to re-feel, re-think, and re-play the situation, much like an old worn out movie. Our emotional and mental responses are similar to the initializing event. We know what happens at the physical level. At the spiritual level, we become separated from God. From the aspect of healing, these negative emotions block the channel to God's healing. By forgiving, we walk in God's Path, keep open the channel of healing, and we reduce the self-imposed stressors, allowing us to function better at all levels: physically, mentally, emotionally and spiritually. Certainly, the importance of forgiveness is multifaceted.

Next month, we will begin the summary of the "Ten Commandments of Forgiveness" by DeGrandis (1981

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## St. David's Christian Ed notes

By Debbie Davis

The "2<sup>nd</sup> Annual Retreat" was held February 22 and 23 and was a great success. Grades 3<sup>rd</sup> through 8<sup>th</sup> participated. We started with a tour at the Michigan Museum, headed to Washington Park to watch a hockey game, and ice skated at the indoor ice arena. We arrived back at the church and had a good, hot dinner. The snow was coming down really heavy, the kids took the sleds out, but our little hill wasn't doing the job as far as getting the sleds to go down. Everyone packed the cars up with sleds and off to the park we went for some real sledding! I have to say, "it sure was cold!" After everyone was getting comfy and settled in at church, we had popcorn and other goodies and watched a movie. Sunday started at 7:30 a.m. with a hearty breakfast of pancakes, sausage, scrambled eggs, and applesauce. The children are already talking about what we should do next year!

Thank you students for all your help on Youth Sunday, February 16<sup>th</sup>. You're a great help.

Roller skating is Thursday, February 27 and March 27, from 6:30 to 8:30 p.m. There is no one too young or too old to enjoy this fun time. If your child needs transportation, please let Debbie Davis or Nan Strickler know. See everyone there. ✎

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## The Outreach Corner

By Andi Flitton

Thank you to everyone who came to the Outreach Evening on February 25th! Our guests were very informative, and gave us a lot to think about. Thank you to everyone who provided refreshments, and thank you Jim Thurston for setting up the tables.

Mary Ann Harkema from Christian Services gave us information about a project to help families get back on their feet called Quality Living. The people who participate are required to attend weekly sessions that teach them how to use the money that they have, and not to spend what isn't there. It is based on the book "Master Your Money" by Ron Blue. These sessions are part of the overall program called IMAGE, which stands for Inspiring & Motivating adults to Generate Esteem. People that join this program are usually in it for 2-3 years. None of the people that have gone through the program have gone back to their old ways since they 'graduated'. If you would like more information about this program, please see one of the committee members, or call Christian Services.

Jim Convissor, the Volunteer Co-ordinator from Mother Teresa House explained their mission, to provide a home and care for people with terminal illnesses. The care is provided at no charge to the guest, with priority given to helping those in greatest need. They work in tandem with all of the hospices in the area(there are 5). Hospice will come in and provide the medications that are needed for each guest, each volunteer is trained to give the medications when

needed. There are no government funds given to Mother Teresa House, everything is volunteer, and charitable contributions. There are openings if anyone is interested. You will be expected to committ for one year, and work twice a month for a 6 hour shift, there are some 4 hour shifts available also. They do have a need for a person to fill a live in position. There is an apartment provided(room and board) in return for 40-50 hours of service. For more information, contact Jim at 484-5494, There are a few of his business cards and some information available in the Narthex.

Rev. Hicks and his wife Irene from the Lansing City Rescue Mission joined us and shared some of the information about projects that the Mission has running. It was interesting to learn that the Rescue Mission began as a soup kitchen and became a shelter in the '40's. They have programs available for women with children, men with children, and a new program for families with children. There are at times more children in the shelter than men, which is a sad statement of our times. Homelessness is growing. They always have needs for volunteers in many areas, as some of you know we do help serve dinners once a month, but there are many more things available to do. One of the aresa that they are in need of help is in their Mission Free store, to help sort clothing and put it on racks. All of the clothing they take in must be clean, repaired and ready to wear. So if you think you might be interested in helping you can contact them at 485-0145 or 485-0147.

Faris Howrani asked each of the speakers which they would choose, a 25% increase in donations, or a 25% increase in volunteers. All three of them answered that they would like to see more volunteers, and of course they could use the money, but the people power was most important. If you would like more information about any of these organizations, feel free to speak to any of the members of the Outreach Committee. We have opportunities on the committee for you, and would love to have you join us in our work. ✎

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## *Archbishop Tutu in Grand Rapids*

The World Affairs Council of Western Michigan sponsors Archbishop Desmond Tutu, the 1984 Nobel Peace Prize Winner, on Tuesday, March 25 at the Van Andel Arena in downtown Grand Rapids. Archbishop Tutu will talk on "The Struggle for Social Justice and Human Rights", with the evening's events starting at 7:00 pm. Tickets are available for \$10, \$20, \$50 and \$100 and can be purchased through Ticketmaster at 616-456-3333.

## **St. David's ECW**

*By Rose McNab*

Our February meeting was called off because of a bad snow storm, so here are some of the coming events and some happenings to bring you up to date.

The Cookie Walk was a huge success resulting in almost \$400. As you empty your one and two pound coffee cans, be sure to save them for our next Cookie Walk in December 2003. We used up all of the of the cans we had on hand for the sale. However, we cannot use the three pound size coffee cans.

Our Secret Pal Party had a good attendance and held lots of surprises when we found out who had been our secret pal throughout the year. New names were drawn for this year. We have some new women who decided to join in the fun of being a secret pal.

World Day of Prayer will be held at St. David's on March 7<sup>th</sup>, beginning at nine o'clock in the morning and will be over at noon. Pat Vine is in charge of the continental breakfast and will welcome assistance. Teddy Bear Sunday will be April 27<sup>th</sup>. Bring your new or gently used bear (s) to church that Sunday so the Eaton County Sheriff's Officers can pick them up to give to children in need of comfort with something to cuddle.

Our Garage Sale will be the week of May 4<sup>th</sup> with three days of preparation and the sale on Thursday and Friday, May 8<sup>th</sup> and 9<sup>th</sup>. Lots of help will be needed for this, our major fund raiser. Be setting aside the items you no longer want so you can donate for the sale.

We will have our Lady's Night Out on June 8<sup>th</sup> at the Old Country Buffet at 7 o'clock. Our last dinner was a lot of fun with food, prizes and fellowship. Be sure to mark your calendar to attend this one, you won't want to miss it.

We warmly welcome all new people to come to any of our meeting and any offers of assistance is always gratefully accepted. No experience is needed, but if so, we will be delighted to help you.

**Report of the January 2003 Vestry Meeting  
St. David's Episcopal Church**

Approved the minutes of the January 2003 meeting.

Treasurers reported that in January we received \$1145 more than we spent.

Discussed audit of the parish finances as required by the Diocese.

Set March 9, 2003 as the date of the Counters Training Session.

Received a report on the 40th Anniversary Dinner set for May 17, 2003.

Received a report on the Shrove Tuesday Pancake Dinner, March 4, 2003.

Scott Foster reported that four pews have been shortened for wheelchairs.

Nursery renovations have been put on hold due to our tight budget.

Building security was discussed in light of the vandalism in Grand Ledge. Scott Foster, John Strickler, Jerry Williams and Fr. David will look into what needs to be done.

Re-formatted Portfolios were handed out for review.

Constituency Lists were handed out.

New Person Recognition Sunday was set for March 9, 2003. New Person Dinner was set for May 1, 2003. Vacation Bible School was set for July 20 - 24, 2003.

There will be an Easter program put on by the youth. The Nursery program will be revamped in the upcoming months.

A worship survey will be developed regarding worship services.

Ministry Teams made up of Vestry members were discussed.

HVAC bids were discussed and bids for two programmable thermostats were approved.

Filing cabinets for the Parish Office were tabled due to tight budget.

Vestry Notebooks were discussed regarding what materials should be in them.

A complete copy of the Vestry Minutes are posted on the bulletin board outside the Great Hall and are on file in the Parish Office.