

# THE GOOD NEWS LETTER

Vol. 7 No. 1

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

March 2001

<b>Father David's message</b>	.....	<b>Page 2</b>
<b>Reverend Carol's message</b>	.....	<b>Page 3</b>
<b>St. David's new wing opens</b>	.....	<b>Page 6</b>
<b>The new look newsletter</b>	.....	<b>Page 6</b>
<b>Happening #22 deadline</b>	.....	<b>Page 8</b>

## St. David's

Fr. David R. Pike, Rector, Church Box 103  
Edith Cole, Secretary, Box 26  
Sue Gabel, Administrative Assistant

## Vestry

Sue Kohler, Senior Warden, Box 75  
Mike Wils, Junior Warden, Box 55  
Dave Byers, Treasurer, Box 15  
Kathy Ryan, Box 63  
Bill Fleener, Box 37  
Ron Schavey, Box 44  
Scott Foster, Box 121  
John Strickler, Box 134  
Joe Miller, Box 52  
Sandy Bechtel, Box 6  
John Runcie, Box 50

## Secretary to the Vestry

Nan Strickler, Box 134

## St. John's

Rev. Carol A. Spangenberg, Rector  
Karen Gin, Secretary

## Vestry

Schad Sparks, Senior Warden  
Rebecca Brown, Junior Warden  
Debbie Walker, Secretary  
Mary Stafford, Treasurer  
Nina Robinson  
Thelma Gibbs  
Ted Dotts  
Kara Stapor  
Sharon Degar  
Sandy Garrison  
Bill Gin  
Maggie Bisel  
Alma Stahl

## Newsletter

Mary Jane Buzzie, e-mail: marybuzzie@aol.com, Box 7  
Ric Sorrell, e-mail: ric@sorrell-family.net, Box 140

St. David's Episcopal Church  
1519 Elmwood Road  
Lansing, MI 48917  
Telephone: 517-323-2272  
Fax: 517-323-2830  
E-mail: stdavids1519@aol.com

## 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  
201 W. Shepherd Street  
Charlotte, MI 48813  
Telephone: 517-543-4430  
Fax: 517-543-2315 (Church) or 517-327-1839 (Rev. Carol)  
E-mail: revcarol@aol.com

## Service Schedule

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

# Reflections of Father David

*Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. Amen.*

(BCP pg. 265)

This prayer from the Ash Wednesday Liturgy is a wonderful reminder of what Lent is all about. It makes clear to us who created us and that our days upon this earth are limited. We are reminded of our continuing need to ask God's forgiveness as well as that of our brothers and sisters. Once more we are told in no uncertain terms that our salvation is a gift from God and cannot be earned or purchased.

Lent is a time to look within. Lent is a time for us to be still and return to the Lord. Lent is a time of spiritual spring cleaning.

There are many ways we can use Lent to our spiritual benefit. We can engage in a structured journey of self-examination followed by repentance. Lent must be a time of additional prayer, possible fasting, maybe even self-denial. The season of Lent is an excellent time to read

something to increase our spiritual health and certainly to spend more time reading the Bible. As you can see, Lent is meant to be a very personal time.

How do you plan to spend your Lent? It is too easy to just coast along through late winter looking forward to spring. Lent can be a time to tolerate changes in the way we worship and what we do. It can certainly be much more, but it requires a serious effort on our part.

Spend some time seriously thinking about how you want to spend these forty days of Lent. The days will pass quickly and there will always be something demanding our limited time resources. Make sure you don't give God second best.

May God bless and keep you, now and always.

Faithfully,

# Words from Reverend Carol

## Ash Wednesday - What does it mean?

The first day of Lent, six and one half weeks before Easter. We begin Lent on this day to secure the 40 days, which do not include Sundays, for this holy season. The imposition of ashes symbolizes the penitence of God's people, a day that brings us to the reality of our own mortality, and our own need for forgiveness. It is during this time we call Lent that we are given the opportunity to enhance our spiritual well-being.

Lent, however, is not a period of preparation for Good Friday; it is a time looking forward to Easter and our Lord's resurrection. Our practice of piety is to shape us to live the resurrected life given us through Christ, and his sacrifice on the cross.

In the gospel lesson set aside for this day, Jesus talks with the disciples about the practice of piety. Jesus urges the disciples to practice piety so it is not praised by others, but to practice their piety in such a way that others will be helped and God's name will be glorified. The main issue is the purpose and motives for the piety we practice, not the fact that the whole world knows we are doing them.

The examples that Jesus uses to help us understand are 1) the giving of our treasures, almsgiving...all Christians are to give so that others might have, not to build up our own self-importance. Our giving should be done so secretly that our right hand does not know what the left is doing. Of course, in real life this does not happen, but it does help make the point; 2) Jesus speaks to us about prayer, again he stresses the importance of being silent about what we are doing. Pray, not in public places, but in private places-for we pray not so others can see how prayerful we are, but we pray so God's will can be done; 3) The last point Jesus makes is that of fasting. Back in Jesus' day, when the leaders of the temple fasted, they put on a sack-cloth and spread ashes on their body, so everyone would see what a "religious man" was doing in his personal discipline of prayer. But Jesus says, wash and get cleaned up and fast in secret, for we prepare

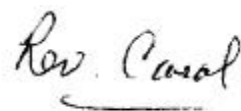
ourselves to be more in-tuned with God and find a new peace in ourselves. For real repentance is not sorrow for sin, but joy in a new way of life.

The point our Lord is making to the disciples as well as to us is, no matter how we wish to live out our Lenten discipline, its purpose is to deny the self in order that God may be the center and the processor of our will, by refocusing our habits, our priorities and our direction into God's will for our lives.

The "giving up" of something is a discipline that gives us the courage, and gives us the knowledge that we can control our desires by and through the power of God. By denying ourselves of something, we are saying NO to something important to us. We are training ourselves in such a way, that we may even see a need to change our perspective and our attitude about something or someone; maybe we can draw from this period of introspectiveness, the ability to pull away from evil impulses that push us in a direction that takes us down a path that is not good or productive and does not enhance our personal relationship with God. To a path that leads us closer to our Lord and each other.

As we meditate on all this, may we have a holy Lent that prepares us for an Easter that shouts with joy, and one that really understands the resurrection of our Lord deep within our hearts.

God accepts us as we are, our practices of piety are to glorify Christ and bring us closer to Him, picking up the cross of our risen Lord and following him. As we receive the ashes on our foreheads, let this symbol remind us of the sacrifice he has given us.



## The Church Mouse heard ...

In the upheaval of the offices, I lost my mailbox and everything in it. If you sent something recently and it has not appeared here, please re-submit your news and it will be in next month's *Good News Letter*. Thanks for your patience and understanding through all of the construction and flying dust! ☩

---

## Rolling in the dough

A few years ago, the 6<sup>th</sup>-7<sup>th</sup>-8<sup>th</sup> grade Sunday School class held a spaghetti dinner. While the entire meal was delicious, I heard more comments about the rolls than anything else. So for everyone who has asked, here is the recipe. The quantities in this recipe will make 24 rolls. The dough can be refrigerated for up to a week – so you can bake only as many rolls as you need for each meal.

Mix 6 cups of flour, 1 tablespoon of salt, and 2 tablespoons of yeast (instant form works best) in a large bowl for about 30 seconds. I use a Kitchen Aid mixer. A heavy-duty mixer really makes this recipe easy on the arms!

In a liquid measuring cup (yes – there is a difference between dry and liquid measuring cups!), dissolve ½ cup sugar in about a cup of hot water. Add enough water to make 2 cups. The water temperature should be around 100°.

Add the liquid to the flour, along with 3 tablespoons of vegetable oil and 1 beaten egg. Using a dough hook, mix at a low speed until the ingredients are moistened, then increase the speed gradually as the dough becomes completely blended together. After the mixture starts to form a ball, increase the speed (setting 4 on the Kitchen Aid) and let the machine knead the dough for about 2 minutes, or until the surface of the dough is smooth.

Cover the bowl of dough and place it in a comfortably warm place to rise for about an hour

## March Birthdays

1	Bob Muncie
5	Jay Bastian
7	Kailyn Kressler
8	Steve Tattershall
9	Ruby Klanecky
10	Garrett Deck
12	Carol Abbott
12	Susan Lipka
15	Daniel Ostrom
15	Rob Johnson
18	Russell Vine
20	Glennis Muncie
23	Kathy Ryan
23	Karen Oleson
23	Justin Martzke
24	Sandra Bechtel
28	Jean Bechtel
29	Sara Sistanich
30	Don Lawrence
30	Erik Ristow

## March Anniversaries

16	Bill & Kay Paff
18	Jim & Sally Ellis
18	Harry & Judith Grant
20	John & Nan Strickler
21	Robert & Eleanor Bishop
23	Bob & Glennis Muncie
25	Dick & Lorayne Otto

until it has doubled in volume. Punch the dough down and let it rise for another hour. You can let the dough rise and punch it down as often as you wish, but be sure to let it rise at least 2 hours.

Place golf ball sized pieces of dough on a baking sheet or in a muffin pan for a final rising. Let them rise for about 45 minutes, then bake at 400° for 15-20 minutes.

Enjoy these at your next dinner!

Ric

## Notes from St. John's Corner

**Confirmation and Inquires** class is to begin. Please let Rev. Carol know if you are interested in learning more about the Church and its history. Everyone is welcome. You don't have to commit yourself to be confirmed to attend. You can attend just out of interest.

**The Saints**, our youth group, has cook books on sale for \$10. The Rector would be glad to help you!

Great news -- Cathy McCae has volunteered to be in charge of the new church directory. She will be asking you to sign up on a sheet for an appointment for your family picture or your picture alone. But we would like everyone to participate. Please help Cathy out by signing up.

The **Lenten Program** this year will be studying world religions and their beliefs. Please plan on coming. We will meet on Wednesday nights from 7:15 to 8:15, just after the 6:30 Eucharist. Please mark your calendars and plan on attending.

**Bishop Lee** will be making his visitation on March 24th and 25th. Please help me show him what a great parish we are and the neat things we are doing.

### St. David's teams up with Kroger and Meijer

Don't forget to purchase your Kroger or Meijer gift certificates. You buy the certificates for face value and we receive a percentage of the proceeds from the respective company. If you shop at these stores anyway, this is a wonderful opportunity to help raise additional funds for the church. Please contact Pat Vine at 484-6519 if you have any questions.

Saint Gregory's Abbey is the home of a community of men living under the Rule of Saint Benedict within the Episcopal Church. The center of the monastery's life is the Abbey Church, where God is worshiped in the daily round of Eucharist, Divine Office, and private prayer. Also offered to God are the monks' daily manual work, study and correspondence, ministry to guests, and occasional outside engagements.

The continuing existence of Saint Gregory's is made possible by the support of those who believe that the contemplative vocation within the Church finds valid expression there.

The monks ask your prayers and will be grateful for your offerings.

St. Gregory's Abbey  
56500 Abbey Road  
Three Rivers, MI 49093-9595



## St. David's remodeling and expansion complete

Many months of dust and modest inconvenience are now over with the opening of the new wing at St. David's. The expansion and remodeling now ensure that we can more effectively minister to not only our own needs, but the needs of the groups who use our facilities and the Lansing community as a whole.

The remodeled kitchen and Great Hall provided the first "christening" activity when the annual Shrove Tuesday Pancake Supper was held on February 27<sup>th</sup>.

Father David's new office is located at the southwest corner of the new wing. The other offices along the west wall of the wing house the office staff of Edith and Sue, a general communications room, including copy and fax facilities, and an office for Nan Strickler, Director of Religious Education.

The 3<sup>rd</sup> through 5<sup>th</sup> grade Sunday School program is also now located in the new wing, along with both the Junior High and Senior High classes. ✕

---

## The new look newsletter

The first thing we want to do is thank Tom Taylor for his hard work and dedication creating this newsletter every month for the past four years.

The newsletter has a different look than previous editions. This is usually the case when the editors change. Each of us has our own preferences for layout and formatting. But even though the look may be different, the content should still be satisfactory. We also hope to find a more standard format to make it easier to find information each month.

Another feature of the newsletter is that the electronic version is now available by e-mail. We

provide the electronic version either as a Microsoft Word<sup>®</sup> file or as an Adobe Acrobat<sup>®</sup> file. If you wish to receive the digital copy, just send your request to stdavids1519@aol.com, contact one of the editors, or let the office know. We also anticipate making the electronic version available on the St. David's web page (see article elsewhere in this newsletter). Note that you will receive the electronic edition sooner than the printed copy. If you wish to receive the e-mail copy in lieu of the printed version, this will also save us money for copy costs and postage.

Although we are the editors, **this is your newsletter**. If you want to see more information about a particular event or group, you need to contact the people in charge of that activity and ask them to send information to us.

You can submit information in a number of ways. The most convenient is a text file that is either on disk or attached to an e-mail. You may also submit printed copy that is either typed or generated by a word processor. While you may need to occasionally submit handwritten information for last-minute items, it would help us considerably if you do so sparingly.

The exception to handwritten material is information submitted for **The Church Mouse heard** column. We will be leaving forms on the counter in the narthex that may be used to tell us about your travels, family activities, illnesses, etc.

All information should be submitted **no later** than noon on the 20<sup>th</sup> of the month preceding publication. This time is needed to ensure that the newsletter can be prepared and mailed to you by the first of each month. ✕

### Lenten Program at St. David's Wednesdays in Lent beginning March 7, 2001

6:00 p.m.	Holy Eucharist
6:30 p.m.	Soup, bread, cheese, fruit potluck
7:15 p.m.	Program by Fr. David <i>Enter into the Silence</i>

## Prayer Chain, prayer list

*Reprinted from the March 1999 issue*

Have you ever wondered what the difference is between a prayer list and the Prayer Chain?

Basically, the people on the prayer list are those for whom we pray in church each Sunday. The Lay Reader lists those names phoned in to the office. We add those names we wish to pray for as well, and many people no doubt remember these names as they continue to pray during the week. It is a wonderful expression of our commitment to the community.

The people on our Prayer Chain list are people who need constant and more intense prayer. Our Prayer Chain ministry prays for those people on a daily basis. We believe that God hears our prayers, and that He makes miracles happen. Our Prayer Chain links people of faith to one another, and to God. The Prayer Chain has people for whom we pray for an extended period of time, and others for whom we pray until a crisis passes. A call to the Parish Office, to Pat Vine (484-6519) or to Barb Post (323-1825) can mobilize the Prayer Chain for you whenever the need arises. You may remain anonymous if you wish. A request for special prayers for a special need will be passed down the Chain; we know that God understands for whom we are praying.

Once the crisis passes, we suggest that you let us know so that our prayers might continue, as words of praise and thanks to

God. Whether on the prayer list at church, or the Prayer Chain, it is good to keep those who pray for you informed as to when those prayers have been answered.

If you think of it today, why not pray as well for those who make up the Prayer Chain? As they pray for others, they need someone to pray for them. We strengthen each other and our community through our prayers. We must continually offer them each day. ☩

---

## Web page returns

The St. David's web page is undergoing a facelift (did you even know we had a web page?). The page was developed a few years ago when church web sites were just starting to appear. Our page offered the monthly calendar, the worship schedule, staff information, and other assorted goodies. However, it appeared that the page was visited by very few people and it has laid dormant since then.

The web page was housed on servers provided by Geocities, one of the first Internet companies to offer free web pages. However, shortly after we developed the site, Geocities began requiring users of its service to carry a small advertisement banner that appeared automatically on each web page. While none of these ads appeared to be particularly offensive, that possibility still existed.

This past January, the Capital Area Council of Churches presented a web page

development workshop at Lansing Community College. This included information about an Internet organization, ForMinistry.com, who provides free web pages for any Christian church. Although no one from St David's was able to attend the workshop, we did contact the instructor of the course. She provided us with all the details needed to get transfer our web page to ForMinistry.com.

Over the next few weeks, we will continue to develop our web site. Look for further information in next month's *Good News Letter*. We also invite you to visit ForMinistry.com and check the web pages for some other churches. Please send any suggestions for our page to the editors or the office. ☩



### DIAGNOSIS AND PRESCRIPTION IN SPIRITUAL HEALING

**A HEALING CONFERENCE**  
(WITH A HEALING SERVICE, HOLY  
COMMUNION, AND A HOMELY)

FEATURING  
**THE REV. RICHARD O. SINGLETON**  
WARDEN OF THE ORDER OF ST. LUKE, REGION IV

SATURDAY, MARCH 31, 2001

10:00 A.M. TO 4:00 P.M.

ST. DAVID'S EPISCOPAL CHURCH  
1519 ELMWOOD ROAD  
LANSING, MICHIGAN

SPONSORED BY  
THE ST. DAVID'S/CAPITAL AREA CHAPTER  
OF  
THE ORDER OF ST. LUKE THE PHYSICIAN

# Happening #22

## March 16-18, 2001

### Grace Episcopal Church, Holland, MI

**HAPPENING** -- a Christian Experience, is a time for teens to consider what is real, lasting and important in their lives. It is rapping with their peers about decisions they are making in their lives. It is meeting other teens who have put **HAPPENING** together in their lives. **HAPPENING** is basically put on by teens. The adults who will be there will be cooks, "Moms" and "Dads", or perhaps one or two will be there as Happeners just like you. Priests will be there to provide spiritual guidance and a listening ear if you should need one.

Additional information and a registration form are in the narthex. **Registration forms and fee must be returned to Gary Mugnolo by Monday, March 5, 2001.** You can contact Gary by telephone at 517-321-4093, by fax at 517-321-6567, or by e-mail at mugman026@aol.com.

St. David's Episcopal Church  
1519 Elmwood Drive  
Lansing, MI 48917

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
LANSING, MI  
PERMIT NO. 625