



The Messenger

September 2019

*Saint Michael
& All Angels
Episcopal Church*

53720 Ironwood Road ✕ South Bend, Indiana 46635
574.243.0632 ✕ www.SaintMichaelSB.org

To Know, Live and Share the Love of Christ

Back to School Edition! Multiple Invitations for Formation in Knowing the Love of Christ.

Sunday Morning Christian Formation Classes Resume

September 15 at 9:15 a.m.

Arrive early for a Holy Chow Breakfast at 9 a.m.

Sunday School for Young People: Elementary and Middle School age children will begin together at 9:15 as a combined class and then divide into two rooms for the remainder of the class time until 10 a.m. Younger Elementary and Preschool age children will meet in the Children's Chapel room or nursery. Registration forms for all students will be given and collected on the first day of meeting. Ms. Alex Tungate is offering her wonderful gifts of leadership to Sunday School this year as our Sunday School Director. Please see her for the registration forms for your child.



Adult Forum: Dr. Nathaniel Warne is providing the leadership for our Adult Forum this year. This upcoming term adult forum will be thinking about Tradition. As Episcopalians we are a denomination that values the past through our liturgy and hymnody, while simultaneously being proud of our progressive stance on important issues. Over the next few months, we will be exploring the nature of Tradition as authority in the context of some of the most contentious liturgical and political movements.



Blessing of the Backpacks September 8th At the Conclusion of our 10:15 Worship

Bring your backpacks and textbooks, especially books from those pesky, hard classes that seem to challenge your soul this semester. Prayers and blessings will be offered over all your learning material. **Students of all ages** are invited to bring whatever educational pieces you are working on this new school year!

You are invited to Wednesday Gathering For Group Spiritual Direction

with Hank Blunk and Cindy Uhrich co-facilitators

Wednesday Evenings 7:00 p.m. to 8:30 p.m.

In The Chapel of the Angels downstairs at Saint Michael & All Angels

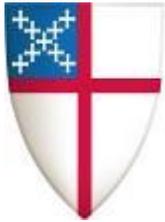
We provide a safe and open environment for conversation about God's presence in our lives.



Noon Day Prayer is every Wednesday at 12 p.m. downstairs in the Chapel of the Angels

Bring a lunch to join the Mid-week at Mike's lunch group after Noon Prayer.

"Continue in the Apostles' teaching, fellowship, breaking bread and prayers." (Acts 2:42)



The Messenger is
the monthly publication of
Saint Michael and All Angels,
South Bend,
an Episcopal Church of the
Diocese of Northern Indiana
and a church of the
Anglican Communion

Our Bishop is

The Rt. Rev. Douglas Sparks
VIII Bishop of Northern Indiana

Saint Michael's Clergy

The Rev. Matthew Cowden, *Rector*
The Rev. Cindy Van Parys, *Deacon*
Dr. Nathaniel Warne, *Clergy Intern*

Vestry

Shery Roussarie, *Senior Warden (2020)*
Carl Tungate, *Junior Warden (2020)*
Linda Kroll, *Treasurer (2019)*
Sharon Fiorella-Teves (2020)
Tim Mc Laughlin (2020)
Anita Thomas (2020)
Dan Pfeifer (2021)
Larry Putt (2021)
Grayling Hawkins (2021)
Marcy Cortes (2022)
Jenni Dunlap (2022)
Julie Wilkins (2022)

Staff

Rachel Bailey, *Parish Secretary*
Dr. Marvin Curtis, *Music Director*
Alex Tungate, *Children's Chapel*
Lori Jester, *Nursery*
Michele Layher, *Finance Secretary*
Alyssa Martin, *Custodian*

Articles and Ministry Schedules
for *The Messenger* are due on the
Second Monday of each month and may be
emailed directly to Jenni Dunlap at
cjcdunlap@sbcglobal.net

Office Hours:
9 a.m.-12 p.m., Monday thru Thursday



To Know, Live and Share the Love of Christ

Sundays 10:15 a.m.
Holy Eucharist

Wednesdays at 12 p.m.
Noonday Prayer in the Chapel

Wednesday Evening at 7 p.m.
Wednesday Gathering for Group Spiritual Direction

September Highlights

| | |
|-----------------|--|
| Sunday Sept 8th | Blessing of the Backpacks Music Meeting |
| Sunday Sept 15 | First day of Sunday School/Adult Forum— starting with Holy Chow |
| Sunday Sept 29 | Bishop Visit: Confirmation Saint Michael's Feast Day Crop Walk |



Saint Michael's July Financial Report

"Where your treasure is
there the desires of your heart
will also be." *Matthew 6:21*

For July 2019

Income - \$17,632 vs. budget of \$22,125 - \$4,493 worse
Expense - \$22,860 vs. budget of \$22,125 - \$735 worse
Net - <\$5,228> unfavorable

For Year to Date (Jan 1 – July 31 2019):

Income - \$147,039 vs budget of \$154,875 -- \$7,836 worse
Expense - \$151,345 vs budget of \$154,875-- \$3,530 better
Net - <\$4,306> unfavorable

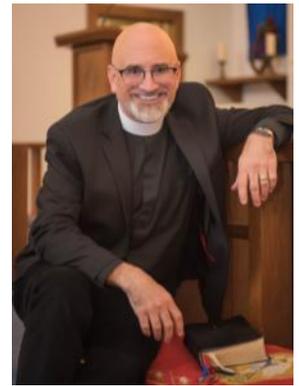
Electronic Contributions: Direct Deposit Offering

If you'd like to make your weekly or monthly contribution by way
of Electronic Funds Transfer please contact our Finance Secretary
at the office: Michelle Layher, to arrange this.
She is in the office Monday and Thursday mornings at 9am or
email her through the office at info@saintmichaelsb.org

Saint Michael and All Angels: 62 Years Being God's Messengers

The Rev. Matthew Cowden, Rector

In the fall of 1956 Bp. Sheridan did something no Episcopal bishop could do these days. He looked at the overflowing, burgeoning congregation at St. James in downtown South Bend and divided up the congregation. He said every parishioner who lived east of Twyckenham Drive was to be part of a new congregation. The technical word is "parish" and while we still refer to churches as *parishes* the term actually denotes a certain geographical territory. Based on an old-world model going back to feudal times, Episcopalians were meant to worship at the church that stood within the parish bounds where they lived.



Founding members have reminded me that those who lived in that eastern area away from the downtown area were the ones who were the young families. Some were excited to begin a new mission church. Some felt that they were forced to leave. However they felt, as Episcopalians obedient to a bishop's orders, a faithful flock began to worship in a new location. It was convenient that Bp. Sheridan had a house to sell on the corner of Jefferson and Ironwood. The newly formed vestry purchased it from the bishop for \$10,000. We worshipped in that space for 40 years before the new church was built, just a few miles up the road here on Ironwood.

The name chosen in 1956 was Saint Michael and All Angel, the feast day being September 29, about the time of year that the idea to form our new church began. Angels are messengers of God and perhaps we were intended to be those who were sent out, bearing a message of God even when we feel like we are leaving for new and unfamiliar territory. Through our 62 years as a congregation we may have felt like angels at times and even as fallen angels at other times. We have persisted, we have even flourished. We are still a congregation with a history of more young families and more children, even through parish boundaries and a bishop's *fiat* are things of the past.

As we celebrate our feast day this month may we consider how our creation as Messengers 62 years ago is still calling us to carry God's message, perhaps even further than we imagine.



Bishop Doug Sparks will be here for a Special Visit Sunday, September 29 at the 10:15 a.m. Eucharist On the Feast of Saint Michael and All Angels Our 62 Anniversary as a Congregation

Bp. Sparks will be celebrating with us and will be providing the Sacrament of Confirmation. If you were prepared for Confirmation but were unable to be here for his last visit please see Fr Matthew and make sure not to miss the laying of Apostolic hands in this ancient rite.

Confirmation

Calling for Acolytes to Serve at the Altar!

The Rev Deacon Cindy VanParys

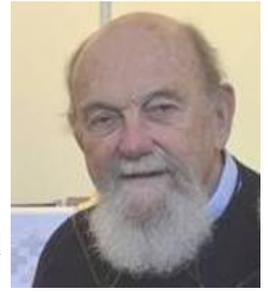
Acolyte: noun: a person assisting the clergy in a religious service.

The tradition of acolytes goes back to 251 A.D. Acolytes assist the priests as they lead the congregation in worship. It is an important job because it helps everyone to worship God. We are in need of more acolytes! Anyone 8 years old or older may serve in this important ministry! Adults are also welcome to join! If you or your child are interested in learning more about this, please talk to Deacon Cindy.

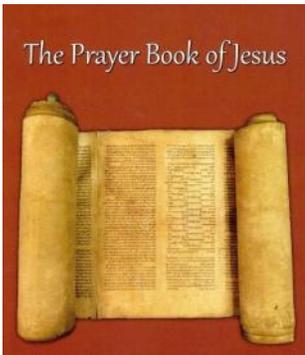


From a Contemplative Corner

The Venerable Hank Blunk, Sage in Residence



“Get into the Psalms and let the psalms get into you.” That is an invitation. I haven’t always known that for myself. I wish I had! It is my practice now.



The Psalms: (a) were the “Prayer book of Jesus,” as Bonhoeffer titled his book; (b) speak of almost every human experience, emotion, and need in context of relationship with the LORD God; (c) take us by the hand and lead us to places we may try to avoid or not be aware it may be helpful for us to explore; and (d) provide words for speaking to and listening for God. . . .

Psalms are a source of Biblical Wisdom, insights about relationship with God, with ourselves, with others, with the environment, and the universe. Some of my favorites are: “(God) your loving-kindness is better than life itself” (Ps 63.3). “What if I had not believed that I should see the goodness of the LORD in the land of the living!” (Ps 27.17) “O God, you know my foolishness, and my faults are not hidden from you.” (Ps 69.6) “. . . you save both man and beast, O LORD.” (Ps 36.6) “The LORD is near to those who call upon him, to all who call upon him faithfully.” (Ps 145.19)

Psalm 1 promises that when “we get into the Psalms and let the Psalms get into us” we will be “like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything (we) do shall prosper.” (That promise is pictured in the mosaic in our fellowship hall!)

Because the Psalms are poetry prayers, we learn to hear the metaphors and not just flat prose. For me, “Peace be within your walls and quietness within your towers” (Ps 122.7) has become a blessing of quiet for gut-wrenching anxiety and the silencing of my chattering mind. No longer is it just a blessing for the ancient city of Jerusalem!

It helps to know that words and phrases can have a richer, more present meaning than what we first hear. For example, the word “salvation” denoted present experience for the psalmist and not a hope for the end of life. Salvation meant “rescued” and in a “safe place now,” physically, emotionally, and mentally. Wow! Can we ever use that kind of “salvation” with all that’s going on these days!

Sometimes a Psalm gives an order: “Be still, then, and know that I am God!” (Ps 46.11) Oops! Sometimes, when I think I am in charge or I don’t listen or I get riled, that familiar verse is a military order from up the Chain of Command.

The Daily Office in the BOOK OF COMMON PRAYER suggests psalms for praying. In fact, there are several options about how to include psalms in praying. (There is a handy BCP app available called “eCP” which eliminates much of the hunting and search!)

Another way is to pray five psalms each day: on the first day of the month pray psalms 1, 31, 61, 91 and 121; on the second day, psalms 2, 32, 62, 92, and 122. . . . Skip Psalm 119 on the 19th day! It is long!! Pray 119 on the 31st in months that have 31 days. Psalm 119 highlights the importance of learning and living God’s Wisdom.

You might just begin at the beginning and continue to the end. Go from Psalm 1, the promise in praying psalms, through each psalm to Psalm 150, which is the only psalm of simple praise!

Above all, don’t gobble the psalms. If you come to a verse that speaks to you, or gives words to something you are feeling, or that surprises you, STOP! Give that some time. Commit those words to memory. “Taste and see that the LORD is good.” (Ps 34.8) Savor. Enjoy the flavor. “Get into the Psalms and let the psalms get into you.”

Sloth and Sabbath

Dr. Nathaniel Warne, Clergy Intern



When you hear the word sloth, what do you think of? You likely put it in the mental category of a vice and most likely you think of a person who is lazy and sits around the house all day not doing anything particularly productive. Sloth is a dangerous sin, but as I hope to show you below, not in the way that you typically think.

The vice of sloth is the root of despair; both of which are traditionally associated with the virtue of hope. Sloth, like despair, is the deep theological sadness of not achieving what one hopes for or deserves; it is the denial of our true self in the face of a good God. The slothful person denies their assent to their true essence and close themselves off from their own dignity. The one who despairs does not claim for themselves the grandeur that is imposed on them in their God-given nobility of being. Put yet another way, and drawing on philosopher Søren Kierkegaard, sloth is the “despair of weakness:” it is the person not wanting to be oneself and is a false and perverted humility. It is an active turning away from God.

Given the above, would it surprise you that sloth has been traditionally thought of as the sin against the commandment to rest and keep the Sabbath (Ex. 20:8-11)? Sloth, counter to our understanding of it is, at least in part, an incapacity for rest. The opposite of sloth is the joyous affirmation of creation, of the existence of the whole world, of a God who is love, and not an industrious spirit of effort. It is not the workaholic who avoids this sin, but the one whose soul rests with God. What the above signifies is that there is a danger of committing sloth as one who works too much, of being a workaholic and it is an inability to be at leisure. The opposite of this vice is not work, effort, and industry, but rather magnanimity and joy as the fruit of God’s supernatural love. The above should not be an invitation to not work at all, but rather to find that balance between work and rest that nourishes your soul from both sides.

Another way of describing the nature of sloth is that one who commits this sin is stuck in boredom. Boredom is antithetical to Sabbath. Only one who has lost the spiritual ability to be at rest can be bored and from this despair begins to grow. In reference to my sermon a few weeks ago, what follows from this is an incessant and empty stimulation, not unlike binge-watching television or ‘pseudo-play.’ Come-on, let’s be honest, how many times have we looked through the numerous shows on TV or Netflix, Amazon, or Hulu and thought, “there is nothing to watch?” Don’t get me wrong, I very much enjoy doing a two-hour marathon of Stranger Things, or my personal favorite, The West Wing. But, sloth, boredom, and despair leads to a wasteland which at first may seem to be well furnished with the comforts of productivity or entertainment, but is no place for the serenity and meaningful activities that draw us closer to the divine.

Alcoholics Anonymous Meetings

We are proud to host this critical ministry at Saint Michael’s. Meetings are held on Monday mornings at **10 a.m.** All meetings are for those with a willingness to stop drinking.

Al-Anon Meetings

These meetings are for the family members of those with addictions. Living with a spouse or family member or having been raised by a parent who battled addictions has unique challenges. Al-Anon is a safe place to share similar experiences and do the work of healing, learning to manage oneself. Meetings are Tuesday mornings at **9:30 a.m.**



In the Hospital? Surgery scheduled? Emergency visit? Call the church!

Fr Matthew and Deacon Cindy want to bring you the prayers and healing oil from the church. With the shortness of most hospital stays and with new healthcare confidentiality laws the church is often the last to know you were ever there! Feel free to call when you’re on your way or as soon as it’s convenient or ask a hospital chaplain to call. Being Church together means asking for your spiritual counselors and guides when you most need them.

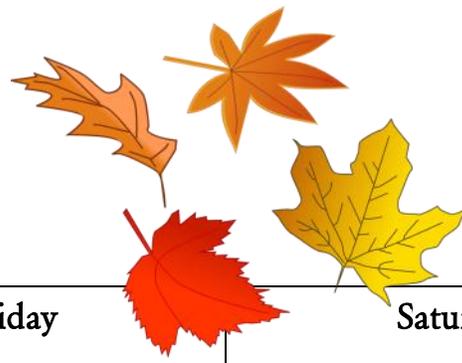
Fr. Matthew Cowden: cell 574.309.1709 Deacon Cindy VanParys: cell 574.286.9345



Septe

| Sunday | Monday | Tuesday | Wednesday |
|--|--|--|--|
| 1 10:15 am Holy Eucharist 12:00 pm SOS Planning Meeting 12:00 pm Church Rented | 2 10:00 am AA 7:00 pm Urban Abbey | 3 9:30 am Al-Anon 7:00 pm Sweet Adeline's | 4 12:00 pm Noonday Midweek at Mike's 7:00 pm Wednesday 7:00 pm Choir Practice |
| 8 10:15 am Holy Eucharist 11:45 am Music Meeting | 9 MESSENGER DEADLINE 10:00 am AA 6:00 pm Finance Meeting \$ | 10 9:30 am Al-Anon 7:00 pm Sweet Adeline's | 11 12:00 pm Noonday Midweek at Mike's 7:00 pm Wednesday 7:00 pm Choir Practice |
| 15 9:00 am Holy Chow 9:15 am Sunday School & Forum Resumes 10:15 am Holy Eucharist | 16 10:00 am AA 6:30 pm Vestry Meeting  | 17 9:30 am Al-Anon 7:00 pm Sweet Adeline's | 18 12:00 pm Noonday Midweek at Mike's 7:00 pm Wednesday 7:00 pm Choir Practice |
| 22 9:15 am Sunday School & Forum 10:15 am Holy Eucharist | 23 10:00 am AA | 24 9:30 am Al-Anon 7:00 pm Sweet Adeline's | 25 12:00 pm Noonday Midweek at Mike's 7:00 pm Wednesday 7:00 pm Choir Practice |
| 29 9:15 am Sunday School & Forum 10:15 am Holy Eucharist Feast of Saint Michael & Bishop Doug's Visit 6:30 pm Bays Bible Study | 30 10:00 am AA | 1 October 9:30 am Al-Anon 7:00 pm Sweet Adeline's | 2 October 12:00 pm Noonday Midweek at Mike's 7:00 pm Wednesday 7:00 pm Choir Practice |
| | | | |

ember



| Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|
| Daily Prayers Daily Gathering Practice | 5 9:00 am Bulletin Folding | 6 | 7 |
| Daily Prayers Daily Gathering Practice | 12 9:00 am Bulletin Folding | 13 | 14 |
| Daily Prayers Daily Gathering Practice | 19 9:00 am Bulletin Folding | 20 8:00 SOS Food Restock | 21 8:00 am SOS setup/cook prep 11:00-1:00 pm SOS Community Luncheon  |
| Daily Prayers Daily Gathering Practice | 26 9:00 am Bulletin Folding 5:00 pm Church Rented | 27 | 28 |
| Daily Prayers Daily Gathering Practice | 3 October 9:00 am Bulletin Folding | 4 October 6 pm The Muwendo Children's Choir from Uganda | 5 |
| | | | |

Service On Saturday

*Where
Guests become Friends
and
Friends become
Family.*

Come and enjoy a delicious meal,
good conversation, and great fellowship.

**This month: Saturday,
September 21st
11:00 a.m.—1:00 p.m.**



Toiletries are needed for giving away at Service on Saturday

Please place in the SOS buckets/baskets found upstairs and downstairs.

And/or bring them up to the Altar on Sundays during the Offertory

Bring in items such as:

| | |
|-----------------------|--------------|
| Shampoo & Conditioner | Toilet Paper |
| Toothbrush | Lotion |
| Toothpaste | Body Wash |
| Hand Soap | Paper Towels |
| Shaving Cream | Deodorant |



The Muwendo Children's Choir from Uganda BELIEVE TOUR TO USA 2019

Coming to St Michael and All Angels on **October 4, 2019 at 6pm**



These kids are dynamic and engaging. Their story is like no other! There is a FB group titled "Mwendo Children's Choir BELIEVE Tour 2019" where you will find a description of the organization and how you can follow their journey to America.

"Muwendo" means "Treasured" and the school they attend is Treasured Kids School in Kosovo, Ugandan. This is near their capital, Kampala. These children are truly "treasured" we look forward to the opportunity to hear them spread their love of music!

Please join us for a night of wonderful music by these young talented singers! You will be amazed! A special thank you to Dr. Marvin Curtis for organizing this event!



Saint Michael & All Angels Episcopal Church

FALL FESTIVAL



*Join us for some
family fun!*

SATURDAY, OCTOBER 26TH

3 p.m. – 6 p.m.

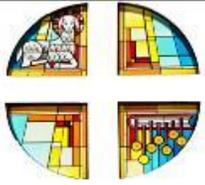
***Trunk or Treat,
Hayride, Craft
Show,***



***Learn about the
vendors on our
Facebook page!***

October 26 Fall Festival: Trunk or Treat participants needed!
Enjoy hay rides, a bonfire, fall family fun, including a craft show, and **Trunk of Treat**. If you would like to participate in the Trunk or Treat, please sign up on the table in the Narthex. If you have any questions regarding it, please see Marcy Cortes for details.





Prayers of the People at Saint Michael's

Those prayed for here will remain listed for thirty days and may be renewed upon request.

Don't see your birthday or anniversary here? Want to add a section for prayers?

Please contact Deacon Cindy or call the office to have it added.

For Healing, Guidance and Strength:

| | |
|-------------------------|------------------------|
| Lucy Vellner | Connie Clemans |
| Julie Stammich | Alphonzo Nakke |
| Rob Auer | |
| Victoria | |
| Marie | |
| Tracy | 1 John 5:14 |
| Jeannie and Denny | This is the confidence |
| Faith Williams & Family | we have in approaching |
| Connie Lee Swain | God: that if we ask |
| Julie Hixon | anything according to |
| Tammy Brunke | His will, He hears us. |

September Birthdays

| | |
|-------------------------|-----------------------|
| 3 Thecla Nowicki | 13 Timothy McLaughlin |
| 5 Phyllis Gregory | 18 Leah Fulkerson |
| 7 Doug Kroll | 19 Ian Bussan |
| 8 Josh Cowden | 19 Larissa Tungate |
| 8 Benji Davis | 20 Larry Putt |
| 10 Patricia Catanzarite | 23 Arryngton Ladd |
| 10 Dawn Tungate | 25 Jim Piechorowski |
| 11 Randy VanPary | 26 RJ Auer III |
| 12 Caitlin Dunlap | |
| 12 Nathan Hawkins | |



For members who are unable to join us for

Sunday worship:

Marjorie Deahl
 Brian Knipple
 Neva Hargreaves
 Rob Auer

September Anniversaries:

3 Chas & Bev Wieneri
 11 Carl & Dawn Tungate
 22 Dan & Lynn Pfeifer



September Anniversaries of Our Beloved Departed:

| | |
|----------------------|---------------------|
| June Douglass | Donald Rumpler |
| John Majewski | Douglas Hall |
| Lynn Minichillo | Audra Woodcox |
| Mike Quigg | Helen Houghtby |
| Cornelius Brown | Doris McCullum |
| Terry Kuseke | Dorothy Townsley |
| Rosalie Brandon | Craig Shuck |
| Frank Vellner | Karen Foster |
| Edward A. Singleton | Janice Miller |
| Mildred Foster | John Whitmer |
| William F. Erickson | Myra Flowers |
| Paul Tysinger | Gerald Ullery |
| Margaret Riewe | John A. Windowmaker |
| Fr Scott Anderson | Jeffery Henkel |
| Mary Ellis Meacham | Evelyn Walters |
| Donald E. Marseilles | Marjorie Spears |

For Protection for our Armed Forces and those in Foreign Service:

| | |
|----------------|-------------------------|
| Erin Ford | Morgan Severeid |
| D.W. North | Alexander Sasha Petkova |
| Casey North | Cecily and Adam Teach |
| Nathan Ratliff | Peter Kristl |
| John Zendt | Trevor Miller |
| Ashlee Zendt | |

For our elected leaders:

President Donald Trump
 Vice President Mike Pence
 Governor Eric Holcomb
 Mayor Pete Buttigieg (South Bend)
 Mayor Dave Wood (Mishawaka)

In the Hospital? Surgery scheduled? Emergency visit? Call the church!

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Fr. Matthew Cowden: cell 574.309.1709
Deacon Cindy VanParys: cell 574.286.9345
Church main number: 574.243.0632



Ministers of Worship

The Rev. Matthew Cowden, Rector
 The Rev. Cindy VanParys, Deacon
 Dr. Nathaniel Warne, Clergy Intern



| | Sept 1 | Sept 8 | Sept 15 | Sept 22 | Sept 29 |
|-------------------|-----------------------------------|--|---|---|-----------------------------------|
| Altar Guild | Julie Bussan Korina Mueller | Soni Smith Korina Mueller | Sharon Fiorella-Teves Korina Mueller | Sharon Piechorowski Jenni Dunlap Marcy Cortes | Tony Cockram Beryl Cockram |
| Acolytes | TBA | Katharine Swain Toby Cortes Mia Cortes | Nathan Hawkins | TBA | Larissa Tungate Jolene Tungate |
| LEM | TBA | TBA | TBA | TBA | TBA |
| First Proclaimer | Charlene Bollman | Soni Smith | Baylee Swank | Grayling Hawkins | Nanette Krieger |
| Second Proclaimer | Sheri Roussarie | Adrian Stackhouse | Sheila Davis | Spencer Hixon | Sandra Brown |
| Greeters | Beth North Sharon Piechorowski | Gary Rigley Adrian Stackhouse | Bobbie Thompson Soni Smith | Lenore Cassady Barb Coddens | Beth North Sharon Piechorowski |
| Usher | TBA | TBA | TBA | TBA | TBA |
| Counters | Rick Wilson Mike Zavor | Tim McLaughlin Jack Mueller | Carl Tungate Grayling Hawkins | Sheri Roussarie Gary Rigley | Rick Wilson Tim McLaughlin |



Coffee hour Hospitality:

Nanette Krieger
 Dawn Tungate
 Bobbie Thompson
 Thecla Nowicki

****Updating Personal Information****

If you have moved, if your birthday or anniversary has been missed, please **CALL THE CHURCH OFFICE** or you may update us via the yellow Contact Card and drop it in the **offering plate**. The information will then be entered into the Power Church database system.

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53720 N. Ironwood Road
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ADDRESS SERVICE REQUESTED



Sunday and Adult Forum Resumes
September 15, See Page 1

Getting Wisdom, Getting the Psalms, See Page 4

Is Sabbath Boring? See Page 5